

APRIL 4-week cycle SISD Menu FY24

Monday	Tuesday	Wednesday	Thursday
<p>1 Breakfast Yogurt-parfait with granola and peaches, apple juice</p> <p style="text-align: center;">Lunch</p> <p>BBQ pork sandwich WG, corn, garden salad with spinach, lettuce, cucumber, tomatoes, radishes, fresh apples/grapes</p>	<p>2 Breakfast Oatmeal cup, muffin WG, canned pears, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Sweet and sour chicken, fried rice, eggroll, celery, cucumber, carrots, applesauce, grape juice</p>	<p>3 Breakfast Breakfast Birthday Cake with turkey sausage patty, waffle WG, strawberries, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Ham/cheese sandwich, ranch style black beans, tomatoes, mixed fruit, apple juice</p>	<p>4 Breakfast Bagel WG with cream cheese, scrambled eggs, canned mandarins, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken patty, gravy, mashed potatoes, cheesy breadstick, lettuce, cucumbers, tomatoes, mixed berry cup, orange juice, fig bar</p>
<p>8 Breakfast Yogurt, cinnamon roll WG, mixed fruit, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken drumstick, garden couscous w/broccoli, cauliflower, tomatoes, lettuce, strawberry cup, juice</p>	<p>9 Breakfast Cereal WG, canned pears, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Spaghetti and meat sauce, seasoned green beans, celery with peanut butter, fresh apples, cranberry juice</p>	<p>10 Breakfast Biscuits WG and gravy, applesauce, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Pizza WG, French fries, tomato /cucumber/ bell pepper salad, fresh oranges, apple juice</p>	<p>11 Breakfast Turkey sausage links, egg and cheese scramble bowl, toast WG, peaches, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Cheeseburger with beef patty, lettuce, carrots, baked beans, pears, orange juice, uncrustables</p>
<p>15 Breakfast French toast stick WG, yogurt, canned mandarins, apple juice</p> <p style="text-align: center;">Lunch</p> <p>BBQ pork sandwich WG, vegetable mix, cucumber, canned peaches, orange juice, fig bar or snack bar</p>	<p>16 Breakfast Bagel WG with cream cheese, scrambled eggs, canned pears, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Teriyaki chicken, fried brown rice, eggroll, carrots, celery, strawberry cup, apple juice</p>	<p>17 Breakfast Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Grilled cheese sandwich, tomato soup, corn, garden salad with spinach, fresh apples, cranberry juice</p>	<p>18 Breakfast Oatmeal, muffin WG, mixed fruit, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Beefy Nachos Grande with tortilla chips WG, refried beans, lettuce, tomatoes, applesauce, grape juice</p>
<p>22 Breakfast Cereal WG, strawberry cup, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chili tot (chili with tater tots), cheesy breadstick, lettuce, tomatoes, fresh orange, cranberry juice</p>	<p>23 Breakfast Dutch waffle WG, canned pears, apple juice.</p> <p style="text-align: center;">Lunch</p> <p>Chicken nuggets, garlic bread, kidney beans, tomato /cucumber / bell pepper salad, applesauce, orange juice</p>	<p>24 Breakfast Turkey sausage links, hashbrowns, waffle WG, applesauce</p> <p style="text-align: center;">Lunch</p> <p>Sloppy joe sandwich, cheesy broccoli, carrots, mixed fruit, apple juice, snack bar</p>	<p>25 Breakfast English muffin WG with egg patty, cheese, strawberry cup, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken with alfredo sauce, pasta WG, cut green beans, celery with PB, peaches, grape juice</p>

Two choices of milk are provided with every meal, at least 80% of grains are whole grain (WG) rich.