

APRIL 4-week cycle SISD Menu FY24_WP

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

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