

# April 2019 Menu

## Head Start

### Gladstone Center for Children and Families



Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast/Snack , French Toast peaches, milk  Lunch Hamburger (CN), Pears, Cucumbers, milk	2 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk  Lunch Chicken Taco(HM) Lettuce, peaches, milk	3 Breakfast/Snack Fruit Muffin(HM) pears, milk  Lunch Chicken Nuggets(CN), carrots, Strawberries, milk	4 Breakfast/Snack Cereal, applesauce, milk  Lunch WG Cheese Stick, marinara sauce, green beans, pears, milk	5
8 Breakfast/Snack Pancake, peaches, milk  Lunch Toasted Cheese Sandwich(HM), pears, carrots, milk	9 Breakfast/Snack Bagel, cream cheese, mix fruit, milk  Lunch Bean Burrito(CN), corn, strawberries, milk	10 Breakfast/Snack Fruit Muffin(HM) pears, milk  Lunch Tuna Sandwich(HM), cucumbers, mix fruit, milk	11 Breakfast/Snack Cereal, applesauce, milk  Lunch Cheese Pizza(CN) , green greens, banana, milk	12
15 Breakfast/Snack Waffle , peaches, milk  Lunch Bake Chicken, dinner roll, pears, carrots, milk	16 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk  Lunch Beef Taco(HM) Lettuce, peaches, milk	17 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk  Lunch Pancake, egg patty, applesauce, hash brown, milk	18 Breakfast/Snack Cereal, applesauce, milk  Lunch Lunch Grilled Chicken Sandwich(CN), mix fruit, carrots, milk	19
22 Breakfast/Snack , French Toast peaches, milk  Lunch Turkey and Cheese Sandwich(HM), carrots, mix fruit, milk	23 Breakfast/Snack Bagel, cream cheese, strawberries, milk  Lunch Chicken Nacho(HM), refried beans, pears, milk	24 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk  Lunch Chicken Teriyaki, rice, cucumbers, peaches, milk	25 Breakfast/Snack Cereal, applesauce, milk  Lunch Cheese Pizza(CN) , green salad, banana, milk	26
29 Breakfast/Snack Pancake, peaches, milk  Lunch Grilled Chicken Sandwich(CN), mix fruit, carrots, milk	30 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk  Lunch Chicken Taco(HM) Lettuce, peaches, milk	May 1 Breakfast/Snack Fruit Muffin(HM) pears, milk  Lunch Chicken Nuggets(CN), peas, Strawberries, milk	2 Breakfast/Snack Cereal, applesauce, milk  Lunch WG Cheese Stick, marinara sauce, green beans, pears, milk	3

Menu is subject to change

EW=Enriched Wheat

HM= House Made meal

All breads are from Franz

All grain items are Whole Grain Enriched unless otherwise noted

All milk is 1% unflavored milk

Cereal can be one of the following General Mills Cheerios or Rice Chex  
or Kellogg's Rice Krispies

This institution is an equal opportunity provider.