

APRIL 2024 BREAKFAST MENU: 1-2 JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole grain cereal 1/2c	2 Whole grain cereal 1/2c	3 Crème of wheat 1/3c	4 Whole grain French toast 1sl	5
8 Cinnamon apple sauce 1/2c Whole white milk 4oz	9 Cinnamon apple sauce 1/2c Whole white milk 4oz	10 Honeydew melon 1/2c Whole white milk 4oz	11 Orange wedges 1/2c Whole white milk 4oz	12 Whole grain cereal 1/2c
15 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c Whole white milk 4oz	16 Whole grain pancakes 1/2c Scrambled egg 1oz Banana 1/2c Whole white milk 4oz	17 Crème of wheat cereal 1/3c Honeydew melon 1/2c Whole white milk 4oz	18 Whole grain French toast 1 sl Orange wedges 1/2c Whole white milk 4oz	19 Cheesy grfts 1/3c Banana 1/2c Whole white milk 4oz
22 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c Whole white milk 4oz	23 Whole grain pancakes 2oz Scrambled egg 1oz Banana 1/2c Whole white milk 4oz	24 Vanilla yogurt 4oz Granola topping 1/8c Honeydew melon 1/2c Whole white milk 4oz	25 Cinnamon raisin oatmeal 1/3c Orange wedges 1/2c Whole white milk 4oz	26 Whole grain cereal 1/2c Banana 1/2c Whole white milk 4oz
29 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c Whole white milk 4oz	30 Whole grain pancakes 2oz Scrambled eggs 1oz Banana 1/2c Whole white milk 4oz			

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.
 Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC
 Harrisburg Dairy, PA
 All Fruit Juices are 100% Juice

APRIL 2024 LUNCH MENU: 1-2 JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Slop Joe sandwich w/ Ground turkey Green beans Tomato sauce Hamburger buns Honeydew melon 1% white milk 4oz	2 Grilled chicken Whole grain sliced bread Mashed potato Orange wedges Whole white milk 4oz	3 Penne Auroro w/ ground turkey Whole grain penne pasta Tomato sauce Alfredo sauce Baked veggie beans Pineapple tidbits Whole white milk 4oz	4 Chicken salad sandwich Steamed broccoli Whole grain sliced bread Canteloupe Whole white milk 4oz	5 Chili Mac Chili w. ground turkey Whole grain pasta w/ Red Kidney Beans Diced tomato & sauce (1/8 c) Green pepper & onion Diced pears 1% white milk 4oz
8 Sloppy Joe sandwich w/ Ground turkey Green beans Tomato sauce Hamburger buns Honeydew melon 1% white milk 4oz	9 Grilled chicken Mashed sweet potato Whole grain sliced bread Orange wedges 1% white milk 4oz	10 Chicken nuggets Zolf brown rice W/ red kidney beans Roasted potato Fresh apple wedges 1% white milk 4oz	11 Ham & cheese sandwich Turkey ham Whole grain sliced bread Steamed broccoli American cheese Canteloupe 1% white milk 4oz	12 Chili Mac Chili w. ground turkey Whole grain pasta w/ Red Kidney Beans Diced tomato & sauce (1/8 c) Green pepper & onion Diced pears 1% white milk 4oz
15 Macaroni cheese Grated Cheddar cheese Whole grain macaroni Green Beans Honeydew melon 1% white milk 4oz	16 Chicken A-La-King Diced carrots Whole grain sliced bread Green peas Orange wedges 1% white milk 4oz	17 Fajita bowl Chicken breast Mexican brown rice Green pepper & onion Diced & sauce tomato Corn Pineapple tidbits 1% white milk 4oz	18 Chicken salad sandwich Chicken breast Whole grain sliced bread Steamed broccoli Canteloupe 1% white milk 4oz	19 BBQ chicken Peruvian brown rice Red & black Beans Diced tomato Cinnamon apple slices 1% white milk 4oz
22 Penne pasta Bake Whole grain rotini pasta w/ ground turkey Green beans Tomato sauce Grated cheese Honeydew melon 1% white milk 4oz	23 Taco bowl w/ground turkey Whole grain tortilla Corn salsa Diced & sauce tomato Orange wedges 1% white milk 4oz	24 Grilled chicken Alfredo Alfredo sauce Fried brown rice w/ red & black beans Diced pears 1% white milk 4oz	25 Sliced turkey sandwich sliced turkey Whole grain sliced bread Steamed broccoli Canteloupe 1% white milk 4oz	26 Red curry chicken Sliced carrots Brown rice yellow recipe Curried tomato sauce Diced pears 1% white milk 4oz
29 Whole grain spaghetti w/ground turkey Sliced carrots Tomato sauce Honeydew melon 1% white milk 4oz	30 Baked Fish sticks Brown rice Yellow recipe w/red kidney beans Green peas & corn Orange wedges 1% white milk 4oz			

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APRIL 2024 BREAKFAST MENU: 2-5 JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c 1% White milk 6oz	2 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c 1% White milk 6oz	3 Crème of wheat Honeydew melon 1% White milk 6oz	4 Whole grain French toast 1sl Orange wedges 1/2c 1% White milk 6oz	5
8 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c 1% White milk 6oz	9 Whole grain pancake Scrambled egg Banana 1/2c 1% White milk 6oz	10 Vanilla yogurt Granola topping Honeydew melon 1/2c 1% White milk 6oz	11 Cinnamon raisin oatmeal 1/3c Orange wedges 1/2c 1% White milk 6oz	12 Whole grain cereal 1/2c Banana 1/2c 1% White milk 6oz
15 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c 1% White milk 6oz	16 Whole grain pancakes Scrambled egg Banana 1/2c 1% White milk 6oz	17 Crème of wheat cereal Honeydew melon 1% White milk 6oz	18 Whole grain French toast 1sl Orange wedges 1/2c 1% White milk 6oz	19 Cheesy grits Banana 1/2c 1% White milk 6oz
22 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c 1% White milk 6oz	23 Whole grain pancakes Scrambled egg Banana 1/2c 1% White milk 6oz	24 Vanilla yogurt Granola topping Honeydew melon 1/2c 1% White milk 6oz	25 Cinnamon raisin oatmeal 1/3c Orange wedges 1/2c 1% White milk 6oz	26 Whole grain cereal 1/2c Banana 1/2c 1% White milk 6oz
29 Whole grain cereal 1/2c Cinnamon apple sauce 1/2c 1% White milk 6oz	30 Whole grain pancakes Scrambled eggs Banana 1/2c 1% White milk 6oz			

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain Milk Variety; 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.
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APRIL 2024 LUNCH MENU: 2-5 JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Sloppy Joe sandwich w/ Ground turkey Green beans Tomato sauce Hamburger buns Honeydew melon 1% white milk</p>	<p>2</p> <p>Grilled chicken Whole grain sliced bread Mashed potato Orange wedges 1% white milk</p>	<p>3</p> <p>Penne Auroro w/ ground turkey Whole grain penne pasta Tomato sauce Alfredo sauce Baked veggie beans Pineapple tidbits 1% white milk</p>	<p>4</p> <p>Chicken salad sandwich Steamed broccoli Whole grain sliced bread Cantaloupe 1% white milk</p>	<p>5</p> <p>Chili Mac Chili w. ground turkey Whole grain pasta w/ Red Kidney Beans Diced tomato & sauce Green pepper & onion Diced pears 1% white milk</p>
<p>8</p> <p>1.5oz 1/4c 1/4c 2oz 1/4c 6oz</p>	<p>9</p> <p>1.5oz 1/4c 1/2 sl 1/4c 1/4c 6oz</p>	<p>10</p> <p>1.5oz 1/4c 1/8c 1/4c 1/4c 1/4c 6oz</p>	<p>11</p> <p>1.5oz 1 sl 1/4c 1/4c 1/4c 6oz</p>	<p>12</p> <p>(1.5 oz) 1/4c 1/4c (1/8 c) (1/8 c) 1/4c 6oz</p>
<p>15</p> <p>Macaroni cheese Grated Cheddar cheese Whole grain macaroni Green beans Honeydew melon 1% white milk</p>	<p>16</p> <p>1.5oz 1/8c 1/2sl 1/8c 1/4c 6oz</p>	<p>17</p> <p>1.5oz 1/4c 1/8c 1/8c 1/4c 1/4c 6oz</p>	<p>18</p> <p>1.5oz 1 sl (1/4 c) 1/4c 1/4c 6oz</p>	<p>19</p> <p>BBQ chicken Peruvian brown rice Red & black Beans Diced tomato Cinnamon apple slices 1% white milk</p>
<p>22</p> <p>Penne pasta Bake Whole grain, rotini pasta w/ ground turkey Green beans Tomato sauce Grated cheese Honeydew melon 1% white milk</p>	<p>23</p> <p>1.5oz 1/4c 1/4c 1/8c 1/4c 6oz</p>	<p>24</p> <p>1.5oz 1/4c 1/8c 1/4c 1/4c 6oz</p>	<p>25</p> <p>1.5oz 1 sl 1/4c 1/4c 6oz</p>	<p>26</p> <p>1.5oz 1/4c 1/4c 1/8c</p>
<p>29</p> <p>Whole grain spaghetti w/ground turkey Sliced carrots Tomato sauce Honeydew melon 1% white milk</p>	<p>30</p> <p>1.5oz 1/4c 1/8c 1/4c 1/4c 6oz</p>	<p>31</p> <p>1.5oz 1/8c (1/4 c) (1/4 c) 1/4c 6oz</p>	<p>32</p> <p>1.5oz 1 sl 1/4c 1/4c 6oz</p>	<p>33</p> <p>1.5oz 1/4c 1/4c 1/8c</p>

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain. All juices are 100% juice.
 Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz. Unflavored low-fat(1%) or Unflavored fat-free (skim) fluid milk is offered to each child every day.
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APRIL 2024 SNACK MENU: JUBILEE JUMPSTART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	Gold fish 1oz	Graham crackers 1oz	Baby carrots 1/2c	
	Canteloupe	Diced pears 1/2c	Mandarin orange segments 1/2c	
8	9	10	11	12
Ritz crackers 1oz	Yogurt 2oz	String cheese 1oz	Honeydew melon 1/2c	Baby carrots 1/2c
Canteloupe 1/2c	Mandarin orange segments 1/2c	Pineapple tidbits 1/2c	Diced apple pasta salad 1/2c	Pineapple tidbits 1/2c
15	16	17	18	19
Animal crackers 1oz	Yogurt 2oz	Graham crackers 1oz	Mandarin orange segments 1/2c	Baby carrots 1/2c
Canteloupe	Mandarin orange segments 1/2c	Diced pears 1/2c	Hard boiled eggs 2oz	Fresh fruit medley 1/2c
22	23	24	25	26
Gold fish 1oz	Yogurt 2oz	String cheese 1oz	Mandarin orange segments 1/2c	Baby carrots 1/2c
Canteloupe 1/2c	Mandarin orange segments 1/2c	Pineapple tidbits 1/2c	Apple pasta salad 1/2c	Fresh fruit medley 1/2c
29	30			
Ritz crackers 1oz	Yogurt 2oz			
Canteloupe 1/2c	Diced pears 1/2c			

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

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Harrisberg Dairy, PA Bowtie Produce, Landover MD

