

APRIL'S LIFE ESSENTIALS (ORGANIC)

Menu is available with a Vegetarian Option, ALL food is fresh.

	MONDAY (1)	TUESDAY (2)	WEDNESDAY (3)	THURSDAY (4)	FRIDAY (5)
BREAFAST	Whole Wheat Toast	Oatmeal	Cream o Wheat	Pancakes	Croissant
	Freshly shredded hash browns	Banana's	Fruit Cocktail	Turkey sausage	Egg & Cheese Omelet
	Turkey bacon/beef sausage	Organic or Soymilk	Organic or Soymilk	Strawberries	Turkey Bacon
	Scrambled eggs/ egg whites			Organic or Soymilk	Sliced Apples
	Cinnamon applesauce				Organic or Soymilk
	Organic or Soymilk				
LUNCH	Hawaiian Chicken	BBQ Turkey	Turkey Lasagna	Beef Taco	Chicken Cacciatore
	Steamed Rice	Red Skin Mash Potatoes	Romaine Lettuce/ cherry tomato	Shredded Cheddar Cheese	Penne Pasta
	Broccoli and Cauliflower	Fresh Green Beans	cucumber/w Low Cal Vinaigrette	Shredded Lettuce	Fresh Spinach
	Pineapple Chunks	Sliced Pears	Fresh Mango Slices	Fresh Oranges	Tropical Fruit Salad
	Italian Bread	Whole Wheat Dinner Rolls	Garlic Bread	Soft Flour Tortilla	Italian Bread
SNACK	Smoothie/w strawberries	Homemade Pizza Bites	Mini Blueberry Muffins	Cheese Quesadillas	Homemade Cookies
	Bananas & organic or Soy milk	Grape Juice	Organic or Soymilk	Apple Juice	Organic or Soymilk
	Graham Crackers				

	MONDAY (9)	TUESDAY (10)	WEDNSDAY (11)	THURSDAY (12)	FRIDAY (13)
BREAKFAST	Home Style Grits Eggs/ Beef Sausage Fresh Cantaloupe Organic or Soymilk	Cheerios Bananas Organic or Soymilk	Waffles Blueberries Organic or Soymilk	Biscuits Egg & Cheese raisins Organic or Soymilk	Homemade French Toast Turkey bacon/sausage Fresh Blueberries Organic or Soymilk
LUNCH	Homemade Fish Nuggets Fresh Corn Hand Cut Fries Fresh Cut Apples Whole Wheat Bread	Sliced Turkey Breast Mashed Sweet Potatoes Fresh Collard Greens Fresh Cranberries/apples Whole Wheat Rolls	Butter milk fried Chicken Mac & Cheese Peas /Carrots Sliced peaches Corn bread	Cheese Burger Sliders Tater Tots Sliced Cucumber/dip Fresh Tropical Fruit Salad	Turkey Chili Steamed Rice Italian Veggie Blend Cut Plums
SNACK	Whole Wheat Crackers American cheese Apple Juice	Egg Salad Whole Wheat Bread Grape Juice	Blonde/Chocolate Brownie Organic or Soymilk	Banana Nut Muffin Organic or Soymilk	Peanut Butter and Jelly Organic or Soymilk

	MONDAY (16)	TUESDAY (17)	WEDNESDAY (18)	THURSDAY (19)	FRIDAY (20)
BREAKFAST	Apple Muffin	Berry Berry Kix	Grits /Eggs	English muffin	Pancakes
	Bananas	Sliced Apples	Oranges	Applesauce	Fresh Strawberries
	Organic or Soymilk	Organic or Soy milk	Organic or Soymilk	Organic or Soymilk	Organic or Soymilk
LUNCH	Shell Steak	Baked Fish	Kosher Hot Dogs	Beef Stroganoff	Chicken Teriyaki
	Bake Potatoes	Yellow Rice	Vegetarian Bake Beans	Cauliflower/Broccoli	Garden Salad/Dressing
	Broccoli & Cheese	Carrots/Peas	Fresh Green Beans	Honeydew Melon	Peaches
	Watermelon Chunks	Grapes	Fresh Cherries	Italian bread	whole wheat bread
	Whole wheat rolls	Whole wheat rolls	Buns		
SNACK	Vanilla Wafers	Grill Cheese	Banana Nut Bread	Yogurt	Jell-O
	Organic or Soymilk	Fruit Cocktail	Organic milk or Soymilk	Peaches	Sliced Pears
		Grape Juice		Organic or Soymilk	Apple Juice

	Monday (23)	Tuesday (24)	Wednesday (25)	Thursday (26)	Friday (27)
BREAKFAST	Turkey bacon	Honey nut Cheerios	Oatmeal	French Toast	Blueberry Muffins
	Egg & Cheese	Bananas	Peaches	Turkey/Beef Sausage	Bananas
	Whole Wheat Toast	Organic or Soymilk	Organic or Soymilk	Fresh Strawberries	Organic or Soymilk
	Organic or Soymilk			Organic or Soymilk	
LUNCH	Hamburger Mac& Cheese	Curried Chicken/Rice	Turkey& Cheese Sand	Veggie Beef Stew	Cheese Pizza
	Fresh Spinach	Cabbage/Carrots	Cucumber Slices	Steamed Rice	Garden Salad
	Pineapple Chunks	Fresh Cherries	Fruit salad	Fresh Mango	Fresh Oranges
	Whole wheat rolls	Croissants	Italian Bread	Corn Bread	
SNACK	Strawberry Muffin	Celery/Carrot Sticks	Nachos & Cheese	Graham Crackers	Tuna Fish Salad
	Organic or Soymilk	Ranch Dressing	Pineapple Juice	Organic or Soymilk	Wheat Crackers
		Wheat Thins/Apple Juice			Grape Juice

MONDAY (30)

BREAKFAST

Homemade Shredded Hash Browns  
Turkey Bacon/Beef Sausage  
Eggs/Egg White  
Biscuits /w Jam  
Organic or Soymilk

LUNCH

Burritos: Beef or Chicken, Beans, Cheese, Lettuce Tomatoes, Sour Cream  
Cantaloupe, Honey Dew Melon  
Tortilla

SNACK

Homemade Oatmeal Cookies  
Organic or Soymilk

*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE*  
*MENU WILL ALSO BE UPADTED THE 1ST OF EVERY MONTH!*