

April BREAKFAST MENU: Don Bosco

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
SCHOOL CLOSED EASTER BREAK	SCHOOL CLOSED EASTER BREAK	SCHOOL CLOSED EASTER BREAK	SCHOOL CLOSED EASTER BREAK	SCHOOL CLOSED EASTER BREAK
9	10	11	12	13
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Apple Slices (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Peaches (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Strawberries * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
16	17	18	19	20
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Diced Pears (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Banana * (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
23	24	25	26	27
Pancake (2 oz) Turkey Sausage (1 oz) Diced Pears (1 c) Milk (8oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Honeydew Melon * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Apple Slices (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Sliced Peaches (1 c) Granola Topping (1/4 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange Slices * (1 c) Milk (8oz)
30				
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)				

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

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

April LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
SCHOOL CLOSED EASTER HOLIDAY	SCHOOL CLOSED EASTER HOLIDAY	SCHOOL CLOSED EASTER HOLIDAY	SCHOOL CLOSED EASTER HOLIDAY	SCHOOL CLOSED EASTER HOLIDAY
9	10	11	12	13
Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Beans (1 c) Pineapple Chunks (1 c) Milk (8oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Green Peas (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Curried Chick Peas (1 c) Fresh Honeydew melon * (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Cantaloupe * (1 c) Milk (8 oz)	Hamburger (2 oz) Sliced Carrots (1 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)
16	17	18	19	20
Taco Bowl w/Ground Turkey (2 oz) Dice Tom & Tomato Sauce (1/2 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/2 c) Pineapple Chunks (1 c) Milk (8 oz)	Fajita Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Corn (1/2 c) Mandarin Orange Slices (1 c) Milk (8 oz)	BBQ Chicken Sandwich (2 oz) Baked Beans (Veggie) (1 c) Fresh Watermelon * (1 c) Whole Grain Burger Roll (2 oz) Milk (6 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Fresh Honeydew melon * (1 c) Milk (8 oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8oz)
23	24	25	26	27
Sloppy Joe (1 c) with Ground Turkey (2 oz) Tomato Joe Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Sliced Turkey Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1.5 oz) Mandarin Orange Slices (1 c) Whole Grain Wheat Bread (2 slice) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Curried Chick Peas (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	All Beef Hot Dog (2 oz) Potato Wedges (1 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)
30				
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)				

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Harrisberg Dairy, PA

Bowie Produce, Landover MD