



2024

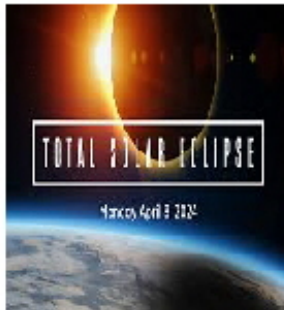


Bedford High School

Grades 9 -12

Breakfast offers the choice of one entree

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Pancakes Grab and Go Breakfast Bread Slice Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Applesauce Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Apple Frudel Pop Tart PB&J Pocket Breakfast Bread Slice Bagel/Lt Cream Cheese Mixed Fruit Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Powdered Donut Holes Breakfast Bread Slice Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Raisins Bearcat Parfait Orange Juice Low Fat Milk-Variety	Dream Waffle PB&J Pocket Breakfast Bread Slice Pop Tart Bagel/Lt Cream Cheese Flavored Craisins Bearcat Parfait Apple Juice Low Fat Milk-Variety	Mini Breakfast Bagel Pop Tart PB&J Pocket Breakfast Bread Slice Bagel/Lt Cream Cheese Strawberry Cup Bearcat Parfait Mixed Fruit Juice 100% Low Fat Milk-Variety	Cal 483 T.Fat 9.43 G S.Fat 2.8 G Chol 10.0 Mg Sodm 355.17 Mg Carb 89.52 G Fiber 4.0 G Prtn 11.64 G Iron 0.92 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 NO SCHOOL TODAY! 	2 Rotini w/Meat Sauce Split Top Wheat Rolls Turkey & Cheese Wedge Corn Garden Salad & Dressing Peach Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	3 Calzone w/ beef pepperoni Turkey Burger Broccoli Cherry Slushie Chilled Mandarin Oranges Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	4 Cheeseburger Minis Corn Dog w/ Cheese Cup Red Veg Plate Cooked Carrots Fresh Apple Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	5 Honey Sriracha Chicken Nuggets Split Top Wheat Roll Cheesy Fish Sandwich Broccoli Walking Salad w/Dip Mixed Fruit Juice 100% Fresh Orange Quarters Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 700 T.Fat 21.02 G S.Fat 6.3 G Chol 56.1 Mg Sodm 1167.88 Mg Carb 100.80 G Fiber 8.1 G Prtn 30.00 G Iron 5.15 Mg Calc 465.44 Mg Vit A 36.13 RE
8 NO SCHOOL TODAY! 	9 Taco Stick Salsa Cup Grilled Cheese Broccoli Cherry Slushie Applesauce Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	10 Chicken Quesadilla Salsa Cup Turkey & Cheese Wedge Carrot Sticks Chick Pea Salad Fresh Pear Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	11 French Bread Pizza PB&J Kit Cuc & Tomato w/Dip Carrot Sticks Apple Juice Fresh Orange Quarters Low Fat Milk-Variety Or Bearcat Salad Lunch	12 Chicken Patty on Bun Cheesy Fish Sandwich Broccoli and Dip Corn Fruit Cocktail Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 662 T.Fat 18.43 G S.Fat 6.2 G Chol 46.2 Mg Sodm 1094.92 Mg Carb 98.86 G Fiber 8.5 G Prtn 27.98 G Iron 4.25 Mg Calc 488.15 Mg Vit A 37.74 RE

Ingredients and menu items are subject to

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Menu offers the choice of one entree

"This Institution is an equal opportunity provider."

April 2024



Bedford High School
Grades 9 -12

APRIL 22, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
15 Papa Johns Pizza PB&J Kit Walking Salad with Lite Dip Peach Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	16 Chicken Nuggets & Waffle BBQ Pork Sandwich* Au Gratin Potatoes Vegetarian Baked Beans Mixed Fruit Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	17 Hot Dog (turkey) on Bun Cheeseburger Minis Crinkle Cut Fries Cooked Carrots Chilled Mandarin Oranges Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	18 Creamy Macaroni & Cheese Split Top Wheat Roll Cheesy Fish Sandwich Potato Emoticons Corn Chilled Pears Mixed Fruit Juice 100% JonnyPop Low Fat Milk-Variety Or Bearcat Salad Lunch	19 Holiday Nuggets W/BBQ Split Top Wheat Roll Cheesy Fish Sandwich Potato Emoticons Corn Chilled Pears Mixed Fruit Juice 100% JonnyPop Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 779 T.Fat 20.03 G S.Fat 5.5 G Chol 51.7 Mg Sodm 1367.47 Mg Carb 122.22 G Fiber 9.3 G Prtn 29.15 G Iron 5.80 Mg Calc 491.71 Mg Vit A 47.07 RE Vit C 51.61 Mg
22 Papa Johns Pizza Hot Dog (turkey) on Bun Green Beans Carrot Sticks Chilled Peaches Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch 	23 Chicken Fingers w/BBQ Goldfish Corn Dog w/ Cheese Cup Broccoli Sweet Potato Fries Pineapple Tidbits Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	24 Stromboli* Cheese Stuffed Breadstick w/ Dip Marinara Cups Garden Salad & Dressing Applesauce Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	25 Walking Taco PB&J Kit Celery Sticks Chick Pea Salad Fruit Cocktail Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	26 Personal Pan Pizza Cheesy Fish Sandwich Carrot Sticks Broccoli and Dip Fresh Orange Quarters Mixed Fruit Juice 100% Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 670 T.Fat 20.04 G S.Fat 6.1 G Chol 46.1 Mg Sodm 1127.43 Mg Carb 97.18 G Fiber 8.2 G Prtn 28.49 G Iron 4.20 Mg Calc 477.70 Mg Vit A 33.48 RE Vit C 30.99 Mg
29 Papa Johns Pizza PB&J Kit Carrot Sticks Green Beans Apple Juice Applesauce Cup Low Fat Milk-Variety Or Bearcat Salad Lunch	30 Rotini w/ Meat Sauce Split Top Wheat Rolls Turkey & Cheese Wedge Corn Garden Salad & Dressing Peach Cup Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	1 MAY Calzone w/ beef pepperoni Turkey Burger Broccoli Cherry Slushie Chilled Mandarin Oranges Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	2 Cheeseburger Minis Corn Dog w/ Cheese Cup Red Veg Plate Cooked Carrots Fresh Apple Apple Juice Low Fat Milk-Variety Or Bearcat Salad Lunch	3 Honey Sriracha Chicken Nuggets Split Top Wheat Roll Cheesy Fish Sandwich Broccoli Walking Salad with Lite Dip Mixed Fruit Juice 100% Fresh Orange Quarters Low Fat Milk-Variety Or Bearcat Salad Lunch	Cal 700 T.Fat 21.02 G S.Fat 6.3 G Chol 56.1 Mg Sodm 1167.88 Mg Carb 100.80 G Fiber 8.1 G Prtn 30.00 G Iron 5.15 Mg Calc 465.44 Mg Vit A 36.13 RE Vit C 67.20 Mg

Ingredients and menu items are subject to change or substitution without notice.

* Denotes Item Contains Pork

Menu offers the choice of one entree

"This Institution is an equal opportunity provider."

APRIL

2024

CENTRAL & GLENDALE
PRIMARY SCHOOLS
GRADES K-2

APRIL
AUTISM
AWARENESS MONTH



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Cereal Bar Raisins Orange Juice Low Fat Milk-Variety	Dream Waffle Mixed Fruit Cup Apple Juice Low Fat Milk-Variety	Cocoa Bar Flavored Craisins Apple Juice Low Fat Milk-Variety	Cinnamon Roll Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	UBR Choc Chip Applesauce Cup Orange Juice Low Fat Milk-Variety	Cal 499 T.Fat 8.42 G S.Fat 3.4 G Chol 15.7 Mg Sodm 336.50 Mg
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 NO SCHOOL TODAY! 	2 Ham and Cheese Stuffer Walking Salad w/Dip Chick Pea Salad Chilled Peaches Low Fat Milk-Variety	3 Chicken Fingers w/BBQ Educational Snacks Cuc & Tomato w/Dip Broccoli Applesauce Cup Low Fat Milk-Variety	4 Papa John's Pizza Broccoli and Dip Carrot Sticks Fresh Apple Low Fat Milk-Variety	5 Taco Stick Salsa Cup Steamed Cauliflower Apple Juice Low Fat Milk-Variety	Cal 662 T.Fat 16.86 G S.Fat 5.9 G Chol 42.1 Mg Sodm 1232.57 Mg Carb 98.04 G Fiber 9.3 G Prtn 30.31 G
8 NO SCHOOL TODAY! 	9 Bearcat Pizza Bagel Vegetarian Baked Beans Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	10 Ham(turkey) & Cheese Sandwich Carrot Sticks Broccoli and Dip Applesauce Cup Low Fat Milk-Variety	11 Papa John's Pizza Garden Salad & Dressing Green Beans Peach Cup Low Fat Milk-Variety	12 Crazy Cheese Bread Marinara Cups Steamed Cauliflower Chilled Mandarin Oranges Low Fat Milk-Variety	Cal 603 T.Fat 16.44 G S.Fat 7.6 G Chol 38.1 Mg Sodm 1028.62 Mg Carb 89.81 G Fiber 7.0 G Prtn 26.49 G

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If you have any questions about the Free and Reduced meal program please call 440-439-4530.

April 2024



**CENTRAL &
GLENDALE
PRIMARY SCHOOLS**

GRADES K-2

APRIL 22, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
15 Chicken Patty on Bun Crinkle Cut Fries Dragon Punch Juice Fruit Cocktail LowFat Milk-Variety	16 Corn Dog (chicken) Broccoli and Dip Carrot Sticks Pineapple Tidbits LowFat Milk-Variety	17 Crazy Cheese Bread Marinara Cups Corn Chilled Mandarin Oranges LowFat Milk-Variety	18 Papa Johns Pizza Garden Salad & Dressing Carrot Sticks Applesauce Cup Low Fat Milk-Variety	19 Cheese Quesadilla Chick Pea Salad Fresh Banana Low Fat Milk-Variety	Cal 663 T.Fat 18.36 G S.Fat 6.5 G Chol 39.1 Mg Sodm 1093.62 Mg Carb 97.05 G Fiber 8.8 G Prtn 26.77 G Iron 2.65 Mg Calc 462.56 Mg
22 Holiday Nuggets w/BBQ Potato Emoticons Dragon Punch Juice Pineapple Tidbits JonnyPop LowFat Milk-Variety 	23 Chicken Drumstick Educational Snack Corn Vegetarian Baked Beans Chilled Peaches LowFat Milk-Variety	24 Cheese Bites Marinara Cup Paradise Punch Chilled Pears Low Fat Milk-Variety	25 Papa Johns Pizza Red Veg Plate Peas Mixed Fruit Cup Low Fat Milk-Variety	26 Meatballs & Marinara Bread Stick Twist Collard Greens w/ onion Applesauce Cup Low Fat Milk-Variety	Cal 683 T.Fat 15.94 G S.Fat 5.1 G Chol 41.1 Mg Sodm 1310.87 Mg Carb 108.54 G Fiber 8.9 G Prtn 27.78 G Iron 3.35 Mg Calc 552.07 Mg
29 Personal Pan Pizza Green Beans Carrot Sticks Apple Crisps LowFat Milk-Variety	30 Ham and Cheese Stuffer Walking Salad w/Dip Chick Pea Salad Chilled Peaches Low Fat Milk-Variety	1 MAY Chicken Fingers w/BBQ Educational Snack Cuc & Tomato w/Dip Broccoli Applesauce Cup LowFat Milk-Variety	2 Papa Johns Pizza Broccoli and Dip Carrot Sticks Fresh Apple Low Fat Milk-Variety	3 Taco Stick Salsa Cup Steamed Cauliflower Apple Juice Low Fat Milk-Variety	Cal 662 T.Fat 16.86 G S.Fat 5.9 G Chol 42.1 Mg Sodm 1232.57 Mg Carb 98.04 G Fiber 9.3 G Prtn 30.31 G Iron 3.37 Mg Calc 517.61 Mg

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April 2024

Breakfast offers the choice of one

APRIL
AUTISM
AWARENESS MONTH



HESKETT
MIDDLE SCHOOL
Grade 6, 7 & 8

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Pancakes Grab and Go Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Breakfast Bread Slice Applesauce Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Powdered Donut Holes Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Breakfast Bread Slice Peach Cup Bearcat Parfait Orange Juice Low Fat Milk-Variety	Breakfast Pizza Bagel Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Breakfast Bread Slice Raisins Bearcat Parfait Apple Juice Low Fat Milk-Variety	Dream Waffle Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Breakfast Bread Slice Fresh Apple Slices bag Bearcat Parfait Orange Juice Low Fat Milk-Variety	Straw Cr Cheese Bagel Pop Tart PB&J Pocket Bagel/Lt Cream Cheese Breakfast Bread Slice Mixed Fruit Cup Bearcat Parfait Apple Juice Low Fat Milk-Variety	Cal 513 T.Fat 10.41 G S.Fat 3.6 G Chol 15.0 Mg Sodm 413.54 Mg Carb 92.90 G Fiber 3.8 G Prtn 13.67 G Iron 2.18 Mg
Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 NO SCHOOL TODAY! 	2 Hot Dog (turkey) on Bun Italian Sub Corn Fresh Veggie Plate w/dip Strawberry Mango Slushie Low Fat Milk-Variety	3 Taco Stick Salsa Cup PB&J Kit Broccoli Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety	4 Cheese Stuffed Breadstick w/ Dip Italian Meatball Sub Cool Cucumber & Tomato w/ Lite Dip Mixed Fruit Juice 100% Low Fat Milk-Variety	5 Pepperroni Pizza Cheesy Fish Sandwich Garden Salad & Dressing Cooked Carrots Chilled Pears Low Fat Milk-Variety	Cal 653 T.Fat 19.22 G S.Fat 7.0 G Chol 51.9 Mg Sodm 1151.50 Mg Carb 92.52 G Fiber 6.9 G Prtn 28.82 G
8 NO SCHOOL TODAY! 	9 CHEETO Macaroni & Cheese PB&J Kit Peas Carrot Sticks Sour Cherry-Lemon Cup Low Fat Milk-Variety	10 Chicken Patty on Bun Ham and Cheese Stuffer Cooked Carrots Celery Sticks Pineapple Tidbits Low Fat Milk-Variety	11 Cheeseburger Minis Corn Dog w/ Cheese Cup Corn Broccoli and Dip Applesauce Cup Low Fat Milk-Variety	12 Pop Corn chicken Goldfish Cheesy Fish Sandwich Potato Emoticons Vegetarian Baked Beans Apple Juice Low Fat Milk-Variety	Cal 734 T.Fat 19.86 G S.Fat 6.5 G Chol 51.0 Mg Sodm 1266.91 Mg Carb 110.12 G Fiber 8.6 G Prtn 30.67 G

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Menu offers the choice of one entree

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April

2024



EARTH DAY 2024

*Heskett
Middle School
Grade 6, 7 & 8*

Menu offers the choice of one entree

APRIL 22, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
15 Papa Johns Pizza Walking Salad with Lite Dip Broccoli Chilled Peaches LowFat Milk-Variety	16 Chicken Drumstick Split Top Wheat Roll Au Gratin Potatoes Cooked Carrots Mixed Fruit Cup LowFat Milk-Variety	17 Calzone w/ beef pepperoni PB&J Kit Veggie California Blend Cool Cucumber & Tomato w/ Lite Dip Chilled Mandarin Oranges LowFat Milk-Variety	18 Chicken Quesadilla Salsa Cup Jumbo Cheese Ravioli in sauce w/ roll Chick Pea Salad Pineapple Tidbits LowFat Milk-Variety	19 Holiday Nuggets W/BBQ Split Top Wheat Roll Cheesy Fish Sandwich Corn Potato Emoticons Mixed Fruit Juice 100% JonnyPop LowFat Milk-Variety	Cal 802 T.Fat 22.80 G S.Fat 7.0 G Chol 45.2 Mg Sodm 1452.78 Mg Carb 117.02 G Fiber 9.6 G Prtn 32.50 G Iron 3.48 Mg
22 Papa Johns Pizza Garden Salad & Dressing Green Beans Apple Juice LowFat Milk-Variety 	23 Orange Chicken w/ Brown Rice PB&J Kit Broccoli Carrot Sticks Chilled Mandarin Oranges LowFat Milk-Variety	24 BBQ Pork Sandwich* Grilled Cheese on Whole Carrot Sticks Dragon Punch Juice Fresh Orange Quarters LowFat Milk-Variety	25 Walking Taco Corn Fruit Cocktail LowFat Milk-Variety	26 Chicken Nuggets & Waffle Vegetarian Baked Beans Collard Greens w/ onion Peach Cup LowFat Milk-Variety	Cal 672 T.Fat 18.32 G S.Fat 5.9 G Chol 52.2 Mg Sodm 1110.63 Mg Carb 100.84 G Fiber 8.2 G Prtn 30.20 G Iron 4.54 Mg
29 Papa Johns Pizza Green Beans Carrot Sticks Applesauce Cup LowFat Milk-Variety	30 Hot Dog (turkey) on Bun Italian Sub Corn Fresh Vegetable Plate w/ low fat dip Strawberry Mango Slushie LowFat Milk-Variety	1 MAY Taco Stick Salsa Cup PB&J Kit Broccoli Carrot Sticks Fresh Apple Slices bag LowFat Milk-Variety	2 Cheese Stuffed Breadstick w/ Dip Italian Meatball Sub Cool Cucumber & Tomato w/ Lite Dip Mixed Fruit Juice 100% LowFat Milk-Variety	3 Pepperroni Pizza Cheesy Fish Sandwich Garden Salad & Dressing Cooked Carrots Chilled Pears LowFat Milk-Variety	Cal 653 T.Fat 19.22 G S.Fat 7.0 G Chol 51.9 Mg Sodm 1151.50 Mg Carb 92.52 G Fiber 6.9 G Prtn 28.82 G Iron 3.07 Mg

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April 2024



**CARYLWOOD &
COLUMBUS
INTERMEDIATE
SCHOOLS**
GRADES 3, 4, & 5

APRIL 22, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
15 Corn Dog (chicken) Cooked Carrots Dragon Punch Juice Peach Cup Low Fat Milk-Variety	16 Meatballs & Marinara Bread Stick Twist Collard Greens w/ onion Mixed Fruit Cup Low Fat Milk-Variety	17 Chicken and Waffle Mashed Potatoes Corn Chilled Mandarin Oranges Low Fat Milk-Variety	18 Walking Taco Fiesta Bean Salad Mixed Fruit Juice 100% Low Fat Milk-Variety	19 Papa Johns Pizza Walking Salad with Lite Dip Green Beans Applesauce Cup Low Fat Milk-Variety	Cal 678 T.Fat 19.13 G S.Fat 6.4 G Chol 50.1 Mg Sodm 1169.73 Mg Carb 100.18 G Fiber 8.9 G Prtn 28.40 G Iron 3.20 Mg
22 Holiday Nuggets W/BBQ Potato Emoticons Green Beans Apple Juice JonnyPop Low Fat Milk-Variety 	23 Chicken Drumstick Scalloped Potatoes Carrot Sticks Applesauce Cup Low Fat Milk-Variety	24 Cheese Quesadilla Salsa Cup Chick Pea Salad Pineapple Tidbits Low Fat Milk-Variety	25 Chicken Fingers w/ BBQ sauce Garden Salad & Dressing Carrot Sticks Fresh Apple Slices bag Low Fat Milk-Variety	26 Papa Johns Pizza Broccoli and Dip Carrot Sticks Mixed Fruit Cup Low Fat Milk-Variety	Cal 719 T.Fat 20.00 G S.Fat 6.5 G Chol 49.4 Mg Sodm 1542.59 Mg Carb 104.86 G Fiber 7.2 G Prtn 29.09 G Iron 3.27 Mg
29 Corn Puppies (turkey) & Condiments Corn Sweet Potato Fries Applesauce Cup Low Fat Milk-Variety	30 CHEETO Macaroni & Cheese Green Beans Carrot Sticks Chilled Pears Low Fat Milk-Variety	1 MAY Chicken Patty on Bun Broccoli Carrot Sticks Chilled Mandarin Oranges Low Fat Milk-Variety	2 Cheeseburger on bun w/condiments Vegetarian Baked Beans Potato Smiles Fresh Apple Low Fat Milk-Variety	3 Papa Johns Pizza Garden Salad & Dressing Carrot Sticks Apple Juice Low Fat Milk-Variety	Cal 707 T.Fat 20.21 G S.Fat 6.2 G Chol 48.7 Mg Sodm 1171.26 Mg Carb 105.39 G Fiber 9.4 G Prtn 30.06 G Iron 2.81 Mg

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2024



**CARYLWOOD &
COLUMBUS
INTERMEDIATE
SCHOOLS
GRADES 3, 4, & 5**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Pop Tart Applesauce Cup Apple Juice Low Fat Milk-Variety	Cereal Bar Flavored Craisins Orange Juice Low Fat Milk-Variety	Cinnamon Roll Fresh Mandarin Orange Apple Juice Low Fat Milk-Variety	Apple Frudel Peach Cup Orange Juice Low Fat Milk-Variety	Dream Waffle Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	Cal 470 T.Fat 7.68 G S.Fat 2.8 G Chol 14.7 Mg Sodm 363.29 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 NO SCHOOL TODAY! 	2 CHEETO Macaroni & Cheese Green Beans Carrot Sticks Chilled Pears Low Fat Milk-Variety	3 Chicken Patty on Bun Broccoli Carrot Sticks Chilled Mandarin Oranges Low Fat Milk-Variety	4 Cheeseburger on bun Vegetarian Baked Beans Potato Smiles Fresh Apple Low Fat Milk-Variety	5 Papa John's Pizza Garden Salad & Dressing Carrot Sticks Apple Juice Low Fat Milk-Variety	Cal 707 T.Fat 20.21 G S.Fat 6.2 G Chol 48.7 Mg Sodm 1171.26 Mg Carb 105.39 G Fiber 9.4 G Prtn 30.06 G
8 NO SCHOOL TODAY! 	9 Taco Stick Salsa Cup Broccoli Strawberry Kiwi Slushie Low Fat Milk-Variety	10 Bearcat Pizza Bagel Corn Carrot Sticks Applesauce Cup Low Fat Milk-Variety	11 Pop Corn chicken Goldfish Vegetarian Baked Beans Potato Smiles Pineapple Tidbits Low Fat Milk-Variety	12 Papa John's Pizza Corn Carrot Sticks Applesauce Cup Low Fat Milk-Variety	Cal 676 T.Fat 16.51 G S.Fat 7.5 G Chol 48.3 Mg Sodm 1020.87 Mg Carb 105.09 G Fiber 7.8 G Prtn 28.41 G

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APRIL
AUTISM
AWARENESS MONTH



CENTRAL & GLENDALE PRE K

monday	tuesday	Wednesday	Thursday	Friday	Nutrients
Cereal Bar Raisins Orange Juice White Milk 1%	Dream Waffle Mixed Fruit Cup Apple Juice White Milk 1%	Cocoa Bar Flavored Craisins Apple Juice White Milk 1%	Cinnamon Bun Fresh Apple Slices bag Apple Juice White Milk 1%	UBR Choc Chip Applesauce Cup Orange Juice White Milk 1%	Cal 456 T.Fat 8.90 G S.Fat 4.0 G Chol 18.6 Mg

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 NO SCHOOL TODAY! 	2 Ham and Cheese Stuffer Walking Salad w/Dip Chick Pea Salad Chilled Peaches White Milk 1%	3 Chicken Fingers w/BBQ Educational Snacks Cuc & Tomato w/Dip Broccoli Applesauce Cup White Milk 1%	4 Papa Johns Pizza Broccoli and Dip Carrot Sticks Fresh Apple White Milk 1%	5 Taco Stick Salsa Cup Steamed Cauliflower Apple Juice White Milk 1%	Cal 618 T.Fat 17.33 G S.Fat 6.2 G Chol 44.0 Mg Sodm 1198.68 Mg Carb 85.58 G Fiber 9.3 G Prtn 30.31 G
8 NO SCHOOL TODAY! 	9 Bearcat Pizza Bagel Vegetarian Baked Beans Carrot Sticks Strawberry Kiwi Slushie White Milk 1%	10 Ham(turkey) & Cheese Sandwich Carrot Sticks Broccoli and Dip Applesauce Cup White Milk 1%	11 Papa Johns Pizza Garden Salad & Dressing Green Beans Peach Cup White Milk 1%	12 Crazy Cheese Bread Marinara Cups Steamed Cauliflower Chilled Mandarin Oranges White Milk 1%	Cal 560 T.Fat 16.91 G S.Fat 7.8 G Chol 40.0 Mg Sodm 994.72 Mg Carb 77.35 G Fiber 7.0 G Prtn 26.49 G

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CENTRAL & GLENDALE PRE K

APRIL 22, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
15 Chicken Patty on Bun Crinkle Cut Fries Dragon Punch Juice Fruit Cocktail White Milk 1%	16 Corn Puppies (turkey) & Condiments Broccoli and Dip Carrot Sticks Pineapple Tidbits White Milk 1%	17 Crazy Cheese Bread Marinara Cups Corn Chilled Mandarin Oranges White Milk 1%	18 Papa Johns Pizza Garden Salad & Dressing Carrot Sticks Applesauce Cup White Milk 1%	19 Cheese Quesadilla Salsa Cup Chick Pea Salad Fresh Banana White Milk 1%	Cal 625 T.Fat 19.44 G S.Fat 6.7 G Chol 40.0 Mg Sodm 1056.72 Mg Carb 84.99 G Fiber 8.4 G Prtn 26.77 G Iron 2.51 Mg Calc 491.56 Mg
22 Holiday Nuggets w/BBQ Potato Emoticons Dragon Punch Juice Pineapple Tidbits White Milk 1% 	23 Chicken Drumstick Educational Snacks Corn Vegetarian Baked Beans Chilled Peaches White Milk 1%	24 Cheese Bites Marinara Cup Paradise Punch Chilled Pears White Milk 1%	25 Papa Johns Pizza Red Veg Plate Peas Mixed Fruit Cup White Milk 1%	26 NO SCHOOL TODAY! 	Cal 630 T.Fat 16.32 G S.Fat 5.3 G Chol 43.0 Mg Sodm 1271.97 Mg Carb 93.88 G Fiber 8.9 G Prtn 27.58 G Iron 3.35 Mg Calc 525.07 Mg
29 Personal Pan Pizza Green Beans Carrot Sticks Apple Crisps White Milk 1%	30 Ham and Cheese Stuffer Walking Salad w/Dip Chick Pea Salad Chilled Peaches White Milk 1%	1 MAY Chicken Fingers w/BBQ Educational Snacks Cuc & Tomato w/Dip Broccoli Applesauce Cup White Milk 1%	2 Papa Johns Pizza Broccoli and Dip Carrot Sticks Fresh Apple White Milk 1%	3 Taco Stick Salsa Cup Steamed Cauliflower Apple Juice White Milk 1%	Cal 618 T.Fat 17.33 G S.Fat 6.2 G Chol 44.0 Mg Sodm 1198.68 Mg Carb 85.58 G Fiber 9.3 G Prtn 30.31 G Iron 3.37 Mg Calc 550.61 Mg

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