Upper School April 2025 Menu



Monday Tuesday Wednesday Thursday Friday Apr 01 **Breakfast Breakfast Breakfast Breakfast** W NEW Home Baked Vanilla W Home Made Concha! W Home Baked Muffin of the day W Home Baked Squares Mantecadas Muffin Chefables Seasonal Fruit Chefables Seasonal Fruit Chefables Seasonal Fruit Chefables Seasonal Fruit Milk Milk Milk Lunch Lunch Lunch Lunch W Chicken Alfredo Pasta W Chicken Corn Dog W Slice of Cheese Pizza W Mac & Cheese W Cheese Quesadilla W Beef Burger on Honey WG Bun Bagged Baby Carrots W V Grilled Cheese Sandwich Bagged Mixed Roasted Chefables Chefables Seasonal Fruit Peas **Bagged Baby Carrots** Chefables Seasonal Fruit Beans P.M. Snack Roasted Garnet Yams Chefables Seasonal Fruit Chefables Seasonal Fruit P.M. Snack W Homemade Mozzarella Filled Milk Milk W Homemade Mozzarella Filled Soft Pretzel Roll P.M. Snack P.M. Snack Soft Pretzel Roll W Homemade Brazilian Cheese and W Homemade Brazilian Cheese and Coconut Stick Coconut Stick 10 11 Closed Closed Closed Closed Closed 18 **Breakfast Breakfast Breakfast Breakfast** Breakfast W Breakfast Cereal of the Day Home Baked Oatmeal Apple W Home Made Concha! W Home Baked Whole Grain W Home Baked KuKu Squares Chefables Seasonal Fruit Maple Muffin Chefables Seasonal Fruit Cinnamon Waffles Chefables Seasonal Fruit Chefables Seasonal Fruit Chefables Seasonal Fruit Milk Milk Lunch Lunch Lunch Lunch Lunch W Natural Chicken Tenders W Turkey Spaghetti Bolognese W V Slice of Cheese Pizza W Classic Chicken Sandwich on W Mac & Cheese W Bean and Cheese Pupusas W Chicken Corn Dog Bagged Baby Carrots W Crilled Cheese Sandwich Honey WG Bun Chefables Seasonal Fruit Green Beans Chefables Seasonal Fruit W Cheese Quesadilla Chefables Seasonal Fruit Peas P.M. Snack Bagged Mixed Roasted Chefables Milk **Bagged Baby Carrots** Milk A2 Organic Vanilla Yogurt P.M. Snack P.M. Snack Beans Chefables Seasonal Fruit Chefables Seasonal Fruit W Homemade Mozzarella Filled W Yummy Chefables Rolled Oats W Homemade Brazilian Cheese and Milk Milk Cereal Coconut Stick Soft Pretzel Roll P.M. Snack P.M. Snack W Homemade Brazilian Cheese and W Homemade Brazilian Cheese and Coconut Stick Coconut Stick 21 Breakfast Breakfast **Breakfast Breakfast Breakfast** W NEW COLD Over Night Banana W Home Baked Muffin of the day W Home Baked Squares W Home Made Concha! W Home Baked Muffin of the day Chefables Seasonal Fruit Chefables Seasonal Fruit Chefables Seasonal Fruit Chefables Seasonal Fruit Oats - Cup Chefables Seasonal Fruit Lunch Lunch Lunch Lunch Milk Lunch W Chicken Alfredo Pasta W Beef Burger on Honey WG Bun W Natural Chicken Tenders W All Beef HOT DOG on Honey WG W Slice of Cheese Pizza W Brown Rice & Beans W V Grilled Cheese Sandwich W Cheese Ouesadilla Bagged Baby Carrots Green Beans W V Bean and Cheese Pupusas Bagged Baby Carrots Chefables Seasonal Fruit Chefables Seasonal Fruit Chefables Seasonal Fruit Corn Chefables Seasonal Fruit Bagged Mixed Roasted Chefables P.M. Snack P.M. Snack P.M. Snack Beans P.M. Snack W Home Baked Delimanjoo Chefables Seasonal Fruit W Homemade Mozzarella Filled W Homemade Soft Pizza Pretzel Chefables Very Own Cheese Sticks Milk Soft Pretzel Roll Stick Chefables Banana "Chips" (Dried Chefables Banana "Chips" (Dried P.M. Snack W Home Baked Crackers Banana Slices) Chefables Very Own Cheese Sticks Banana Slices) W Home Baked Delimanjoo 29 Breakfast W Home Baked Muffin of the day W Home Baked Chai Muffin W Home Made Concha! Chefables Seasonal Fruit Chefables Seasonal Fruit Chefables Seasonal Fruit Milk Milk Milk Lunch Lunch Lunch W Natural Chicken Tenders W All Beef HOT DOG on Honey WG W Chicken, Butter Noodles & W Mac & Cheese Parmesan Cheese W Crilled Cheese Sandwich W Brown Rice & Beans Tater Tots

Notes

Chefables Seasonal Fruit

W Homemade "POP" Rice

Chefables Banana "Chips" (Dried

P.M. Snack

Banana Slices)

- This institution is an equal opportunity provider.
- Lowfat (1%) milk or non-fat milk offered/served at ALL breakfast, and Lunch meals. All Milk served is rBST-free.

W Homemade Brazilian Cheese and

Bagged Baby Carrots

Milk

P.M. Snack

Coconut Stick

Chefables Seasonal Fruit

Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.

Just some of the vegetables this month: Artichoke arugula Asian greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard celery collard kale leeks lettuces mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchokes squash (winter) tomato turnips

Chefables Seasonal Fruit

W Homemade Mozzarella Filled

Milk

P.M. Snack

Soft Pretzel Roll