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| **April 2015 MKCCC Menu** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| *B’fast* | logo5 | http://www.riversideonline.com/employees/myhealthylifestyle/newsletter/images/5-Free-Summer-Clipart-Illustration-Of-A-Happy-Smiling-Sun_1.jpg | **1** Oatmeal, Fruit, Milk | **2** French toast, Fruit, Milk | **3** Cereal, Fruit, Milk |
| *Lunch* | BBQ Chicken, Wild rice,  Asparagus, Fruit, Milk | Pasta with 3 cheeses, Bean Salad, Fruit, Milk | Tuna on WW, Matzo Ball Soup, Fruit, Milk |
| *Snack* | Granola, Yogurt | Goldfish, Milk | Crackers, Fresh Fruit |
| *B’fast* | **6** Cereal, Fruit, Milk | **7**  Bagels, Fruit, Milk | **8**  Oatmeal, Fruit, Milk | **9** Corn muffins, Fruit, Milk | **10** Cereal, Fruit, Milk |
| *Lunch* | Turkey, WW bread, Vegetable Soup, Fruit & Milk | Beef or Chicken Fajitas Sautéed vegetables, Pita, Fruit, Milk | Pasta with white beans and Broccoli, Italian Bread, Fruit, Milk | Pastrami on Rye, Spring Cabbage Salad, Fruit, Milk | Chicken Fingers, Veggies,  Garlic herb knots, fruit, milk |
| *Snack* | Pretzels, Fruit | White bean dip & veggies | Graham crackers, Fruit | Trail mix & Milk | Animal crackers, Milk |
| *B’fast* | **13** Cereal, Fruit, Milk | **14** Bagels, Fruit, Milk | **15** Oatmeal , Fruit, Milk | **16** Blueberry loaf, Milk | **17** Cereal, Fruit, Milk |
| *Lunch* | Grilled Ham & Cheese on WW, Edamame salad, Fruit, Milk | Asian style pork and  vegetables, Brown rice, Fruit, Milk | Cheese ravioli with tomato sauce, Cucumber salad, Fruit, Milk | Beef Burgers, WW Buns, Coleslaw, Fruit, Milk | Chicken Fingers, Broccoli, Rice, Fruit, Milk |
| *Snack* | WW crackers, Fruit | Cookies, Milk | Pretzels, Fresh Fruit | Granola, Yogurt | Crackers & Salsa dip |
| *B’fast* | **20** Cereal, Fruit, Milk | **21** Bagels, Fruit, Milk | **22** Oatmeal, Fruit, Milk | **23** Waffles, Fruit, Milk | **24** Cereal, Fruit, Milk |
| *Lunch* | Beef tacos with corn shells, Salsa, Cheese, Lettuce, Fruit, Milk | Pasta with chicken sausage, garlic & oil, Herbs, Fruit, Milk | Egg salad on WW,  Asparagus. Fruit, Milk | Lemon chicken, Basmati rice, Lima beans, Fruit, Milk | Meatballs, WW Rolls,  Green beans, Fruit, Milk |
| *Snack* | Graham crackers, Milk | Crackers, Fruit | Hummus & Veggies | Graham Crackers, Milk | Pretzels, Fruit |
| *B’fast* | **27**  Cereal, Fruit, Milk | **28** Bagels, Fruit, Milk | **29** Oatmeal, Fruit, Milk | **30** Waffles, Fruit, Milk |  |
| *Lunch* | Spring vegetable quiche, Brioche, Pea soup, Fruit, Milk | Philly cheese steaks, WW roll, Carrot salad ,Fruit, Milk | Veggie Burgers on WW Bun, Potato salad with egg, Fruit, Milk | Cheese pizza, Bean salad, Fruit, Milk |
| *Snack* | Crackers & Fresh Fruit | Crackers and Cheese | Crackers & Milk | Trail Mix, Milk |

**Feed Me Fresh dishes made by children are incorporated into lunch or snack each Thursday.**

***April 2: Lemon Asparagus with Herbs April 16 Making Butter April 9: Herb Omelette***

***April 23 Asparagus and Eggs April 30: Asian Noodles with Harvested Greens***

**Throughout the month, Feed Me Fresh ingredients are incorporated into the menu**

*If your child has a food allergy, please provide information to The Nurse. Water is available at all times. Low Fat Milk and Cheese is served to all children over the age of two. MKCCC is a nut free facility. Please be advised that menu is subject to change without notice*