

## Mother Earth Menu – April 2017

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	OATMEAL	4 OZ	STACKED BEEF ENCHILADAS	4 OZ	PIMENTO CHEESE ON	2 OZ
<b>4/1</b>	RAISINS	1 T	MIXED FRUIT	4 OZ	WHOLE GRAIN BREAD	1 OZ
	1% MILK	8 OZ	SIDE SALAD	4 OZ	100% FRUIT JUICE	4 OZ
			SPANISH BROWN RICE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
<b>NOTES: PUREE: SUB MEXICAN ZUCCHINI FOR SALAD</b>						
<b>TUESDAY</b>	PINEAPPLE	4 OZ	CREAMY CHICKEN OVER	3 OZ	TURKEY ROLL-UP	1 OZ
<b>4/2</b>	1% MILK	8 OZ	WHOLE GRAIN PENNE	4 OZ	ON WHOLE GRAIN TORTILLA	1.1 OZ
			MANDARIN ORANGES	4 OZ	100% FRUIT JUICE	4 OZ
			MEXICAN ZUCCHINI	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>WEDNESDAY</b>	BREAKFAST SAUSAGE	2 OZ	ASIAN BEEF WITH CARROTS	4 OZ	FRUIT	4 OZ
<b>4/3</b>	100% FRUIT JUICE	4 OZ	OVER BROCCOLI	4 OZ	TOPPED WITH YOGURT	1 T
			STEAMED BROWN RICE	4 OZ	1% MILK	8 OZ
			PEARS	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>NOTES: NO MILK - NO YOGURT TOPPING</b>						
<b>THURSDAY</b>	STRAWBERRIES & COOL WHIP	4 OZ	BREADED PORK CHOP PATTY	3.7 OZ	OPEN FACED CHICKEN SALAD SANDWICH	2 OZ
<b>4/4</b>	1% MILK	8 OZ	HOT APPLES	4 OZ	WITH WHOLE GRAIN BREAD	1 OZ
			GARLIC & HERB GREEN BEANS	4 OZ	100% FRUIT JUICE	4 OZ
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>NOTES: LACTOSE FREE: USE NON DAILY COOL WHIP OR OMIT</b>						
<b>FRIDAY</b>	SCRAMBLED EGG & CHEESE	2 OZ	HAMBURGER	4 OZ	1/2 PEANUT BUTTER SANDWICH	2 OZ
<b>4/5</b>	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	WITH WHOLE GRAIN BREAD	1 OZ
			PEACHES	4 OZ	1% MILK	8 OZ
			WHOLE WHEAT BUN	2.26 OZ		
			1% MILK	8 OZ		

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DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	APPLESAUCE	4 OZ	GARLIC & HERB CHICKEN	3 OZ	CUCUMBER SALAD	4 OZ
<b>4/8</b>	1% MILK	8 OZ	BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			PEAS	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>TUESDAY</b>	BREAKFAST TACO WITH	2 OZ	GROUND BEEF WITH ITALIAN GREEN BEANS	8 OZ	HOT APPLES & RAISINS	4 OZ
<b>4/9</b>	WHOLE WHEAT TORTILLA	1.1 OZ	FRUIT SALAD	4 OZ	1% MILK	8 OZ
	100% FRUIT JUICE	4 OZ	LEMON HERB PASTA	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>WEDNESDAY</b>	BANANAS	4 OZ	POLLOCK WEDGE	4 OZ	MEXICAN CORN CUP	4 OZ
<b>4/10</b>	1% MILK	8 OZ	CALIFORNIA VEGGIES	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			SAFFRON RICE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>THURSDAY</b>	OATMEAL	4 OZ	BEEF STEW WITH MIXED SQUASH	8 OZ	GRILLED CHEESE SANDWICH	1 oZ/1 oZ
<b>4/11</b>	1% MILK	8 OZ	GARLIC PENNE PASTA	4 OZ	100% FRUIT JUICE	4 OZ
			MIXED FRUIT	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: <b>PUREE:</b> <b>LACTOSE FREE:</b> SUBSTITUTE CHEESE SANDWICH WITH TURKEY SANDWICH						
<b>FRIDAY</b>	BREAKFAST SAUSAGE	2 OZ	CHICKEN FAJITA	3 OZ	PEACHES	4 OZ
<b>4/12</b>	100% FRUIT JUICE	4 OZ	MEXICAN BROWN RICE	4 OZ	1% MILK	8 OZ
			PINEAPPLE	4 OZ		
			GARDEN SALAD	4 OZ		
			WHOLE WHEAT FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **PUREE AND NO SALAD:** SUBSTITUTE GREEN BEANS FOR GARDEN SALAD

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DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	YEAST ROLL	2 OZ	CALABAZA CON POLLO	4 OZ/ 4 OZ	APPLESAUCE	4 OZ
<b>4/15</b>	100% FRUIT JUICE	4 OZ	SPANISH BROWN RICE	4 OZ	1% MILK	8 OZ
			TROPICAL FRUIT	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
<b>TUESDAY</b>	HASH BROWN	4 OZ	TOMATO & MEAT SAUCE OVER WHOLE WHEAT PASTA	4 OZ/ 4 OZ	STRAWBERRIES	4 OZ
<b>4/16</b>	100% JUICE	8 OZ	ITALIAN GREEN BEANS	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE GRAIN GARLIC BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: <b>PUREE</b> : SUBSTITUTE SALAD FOR GREEN BEANS.						
<b>WEDNESDAY</b>	SCRAMBLED EGGS & CHEESE TACO	2 OZ/ 1 OZ	CHOPPED BRISKET	3 OZ	BANANA	4 OZ
<b>4/17</b>	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	1% MILK	8 OZ
			MIXED FRUIT	4 OZ		
			WHOLE GRAIN SLICED BREAD - 2	1 OZ/ SLICE		
			1% MILK	8 OZ		
<b>THURSDAY</b>	BREAKFAST SAUSAGE	4 OZ	TURKEY & GRAVY	2 OZ	WHOLE GRAIN BREAD	1 OZ
<b>4/18</b>	100% FRUIT JUICE	4 OZ	BROCCOLI	4 OZ	PEANUT BUTTER AND JELLY	1 T/1t
			FRUIT COCKTAIL	4 OZ	1% MILK	8 OZ
			GARLICY BUTTERED PASTA	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: <b>LACTOSE FREE</b> : SUB YOGURT FOR GRAHAM SHEETS						
<b>FRIDAY</b>	JELLO PEARS	4 OZ	SALISBURY STEAK WITH GRAVY	4 OZ	CINNAMON SQUARE	2 OZ
<b>4/19</b>	1% MILK	8 OZ	SIDE SALAD	4 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: <b>PUREE</b> AND <b>NO SALAD</b> : SUB PEAS FOR SIDE SALAD						

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DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
<b>MONDAY</b>	CINNAMON TOAST	1 OZ	CARNE GUISADA	4 OZ	HOT APPLES WITH RAISINS	4 OZ
<b>4/22</b>	100% FRUIT JUICE	4 OZ	SIDE SALAD	4 OZ	1% MILK	8 OZ
			PINEAPPLE TIDBITS	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE GRAIN FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
<b>TUESDAY</b>	SWEET YAMS	4 OZ	BEEF STROGANOFF WITH MACARONI	8 OZ	TUNA SALAD	2 OZ
<b>4/23</b>	1% MILK	8 OZ	MIXED FRUIT	4 OZ	ON WHOLE GRAIN BREAD	1 OZ
			CAPRI VEGETABLE BLEND	4 OZ	100% FRUIT JUICE	4 OZ
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
<b>WEDNESDAY</b>	YEAST ROLL	2 OZ	WHOLE GRAIN FISH STICK	4 EA	FRUIT WITH ICE CREAM	4 OZ
<b>4/24</b>	100% FRUIT JUICE	4 OZ	CARROTS WITH BUTTER AND HERBS	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			GREEN BEANS	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
<b>THURSDAY</b>	OATMEAL	4 OZ	CHICKEN CACCIATORE	4 OZ	APPLESAUCE	4 OZ
<b>4/25</b>	BLUEBERRIES	2 T	PEACHES	4 OZ	1% MILK	8 OZ
	100% FRUIT JUICE	4 OZ	SPINACH WITH ONION AND BACON	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: <b>PUREE:</b> SUBSTITUTE GREEN BEANS FOR SIDE SALAD						
<b>FRIDAY</b>	SCRAMBLED EGGS WITH CHORIZO TACO	2 OZ/ 1 OZ	BBQ CHICKEN	3 OZ	TOMATO & CUCUMBER SALAD	4 OZ
<b>4/26</b>	1% MILK	8 OZ	WHOLE GRAIN BUN	2.25 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			COLE SLAW	4 OZ		
			1% MILK	8 OZ		

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<b>MONDAY</b>	OATMEAL	4 OZ	STACKED BEEF ENCHILADAS	4 OZ	PIMENTO CHEESE ON	2 OZ
<b>4/29</b>	RAISINS	1 T	MIXED FRUIT	4 OZ	WHOLE GRAIN BREAD	1 OZ
	1% MILK	8 OZ	SIDE SALAD	4 OZ	100% FRUIT JUICE	4 OZ
			SPANISH BROWN RICE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
<b>NOTES: PUREE: SUB MEXICAN ZUCCHINI FOR SALAD</b>						
<b>TUESDAY</b>	PINEAPPLE	4 OZ	CREAMY CHICKEN OVER	3 OZ	TURKEY ROLL-UP	1 OZ
<b>4/30</b>	1% MILK	8 OZ	WHOLE GRAIN PENNE	4 OZ	ON WHOLE GRAIN TORTILLA	1.1 OZ
			MANDARIN ORANGES	4 OZ	100% FRUIT JUICE	4 OZ
			MEXICAN ZUCCHINI	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>WEDNESDAY</b>	BREAKFAST SAUSAGE	2 OZ	ASIAN BEEF WITH CARROTS	4 OZ	FRUIT	4 OZ
<b>5/1</b>	100% FRUIT JUICE	4 OZ	OVER BROCCOLI	4 OZ	TOPPED WITH YOGURT	1 T
			STEAMED BROWN RICE	4 OZ	1% MILK	8 OZ
			PEARS	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>NOTES: NO MILK - NO YOGURT TOPPING</b>						
<b>THURSDAY</b>	STRAWBERRIES & COOL WHIP	4 OZ	BREADED PORK CHOP PATTY	3.7 OZ	OPEN FACED CHICKEN SALAD SANDWICH	2 OZ
<b>5/2</b>	1% MILK	8 OZ	HOT APPLES	4 OZ	WITH WHOLE GRAIN BREAD	1 OZ
			GARLIC & HERB GREEN BEANS	4 OZ	100% FRUIT JUICE	4 OZ
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
<b>NOTES: LACTOSE FREE: USE NON DAILY COOL WHIP OR OMIT</b>						
<b>FRIDAY</b>	SCRAMBLED EGG & CHEESE	2 OZ	HAMBURGER	4 OZ	1/2 PEANUT BUTTER SANDWICH	2 OZ
<b>5/3</b>	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	WITH WHOLE GRAIN BREAD	1 OZ
			PEACHES	4 OZ	1% MILK	8 OZ
			WHOLE WHEAT BUN	2.26 OZ		
			1% MILK	8 OZ		