

Co-op Family Center

April 2015 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30 B: Scrambled eggs, toast, oranges, milk L: Corn chowder, sandwich thins, cottage cheese, pineapple, milk S: Broccoli, carrots, potatoes, hard pretzels, water	31 B: Waffles, applesauce, milk L: Santa Fe Wrap, green salad, cantaloupe, milk S: Bagels, cream cheese, milk	1 B: Oatmeal, blueberries, milk L: Veggie chili, shredded cheese, corn bread, watermelon, milk S: Graham crackers, peanut butter, apple juice	2 B: Cheerios, strawberries, milk L: Spaghetti, cheese sticks, coleslaw, plums, milk S: Kiwi, bananas, honeydew, milk	3 B: Hash browns, English muffins, grapes, milk L: Cheese quesadillas, pinto beans, carrots, pears, milk S: Melba toast, apples, water
6 B: French toast, spiced apple topping, milk L: Vegetable lasagna, green salad, cantaloupe, milk S: Yogurt, blueberries, water	7 B: Cream of wheat, pears, milk L: Enchiladas, carrot-raisin salad, honeydew, milk S: Peanut butter w/celery & apples, water	8 B: Pancakes, bananas, milk L: Lentil soup, cheese sticks, bread sticks, watermelon, milk S: Cheese ball, rice cakes, apple juice	9 B: Raisin Bran, bananas, milk L: Pan fried noodles, scrambled eggs, sliced tomatoes, grapes, milk S: Veggie wrap, milk	10 B: Pita pockets, oranges, milk L: Mexican rice, black beans, shredded cheese, cucumbers, pineapple, milk S: Baguette bread, marinara sauce, milk
13 B: Egg and cheese muffins, bananas, milk L: Spinach casserole, baked sweet potatoes, watermelon, milk S: Apples, Ritz, water	14 B: Oatmeal, blueberries, milk L: Chimichangas, corn, honeydew, milk S: Carrots, broccoli, potatoes, hard pretzels, water	15 B: Waffles, applesauce, milk L: Broccoli cheese soup, cottage cheese, cantaloupe, French bread, milk S: Cranberry bread, milk	16 B: Quaker oat squares, strawberries, milk L: Cheesy noodles, pinto beans, carrots, pears, milk S: Kiwi, pineapple, grapes, milk	17 B: Bagels, cream cheese, oranges, milk L: Mexican pizza, green salad, plums, milk S: Trail mix, apple juice
20 B: Cream of wheat, blueberries, milk L: Tomato pasta soup, cheese sticks, oyster crackers, pears, milk S: Morning glory muffins, milk	21 B: Hash browns, toast, strawberries, milk L: Fried rice, scrambled eggs, peas, cantaloupe, milk S: Peanut butter, apples, water	22 B: Pita pockets, oranges, milk L: Black bean bake, flour tortilla roll ups, green salad, honeydew, milk S: Rice cakes, garden spread, orange juice	23 B: Cheerios, bananas, milk L: Baked ziti, corn, watermelon, milk S: Potatoes, tomatoes, broccoli, wheat thins, water	24 B: Pancakes, apple sauce, milk L: Grilled cheese sandwiches, 4 bean salad, carrots, grapes, milk S: Soft pretzels, milk
27 B: French Toast, spiced apple topping, milk L: Bean burritos, corn, cantaloupe, milk S: Kiwi, apples, pears, milk	28 B: Waffles, applesauce, milk L: Quick bake potatoes, shredded cheese, black beans, pineapple, milk S: Carrots, celery, humus, milk	29 B: Oatmeal, strawberries, milk L: Vegetable soup, cheese sticks, French bread, watermelon, milk S: Bagels, cream cheese, apple juice	30 B: Raisin Bran, bananas, milk L: Macaroni and cheese, peas, grapes, milk S: Yogurt, blueberries, water	1 B: Scrambled eggs, toast, oranges, milk L: PB & J sandwiches, black bean salad, carrots, honeydew, milk S: Biscuits and jelly, milk

“USDA and this institution are equal opportunity providers and employers.”

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