

APRIL 2017



MON

TUE

WED

THU

FRI

3	4	5	6	7
<p>Breakfast: Whole Grain Cereal, Grass-fed milk (V/ EF) AM Snack: Fruit Lunch: Mac & Cheese (V/ EF) PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait & Granola (V/GF) AM Snack: Fruit Lunch: Chicken Tenders (V/ EF) PM Snack: Veggie</p>	<p>Breakfast: Blueberry Muffins (V/DF/EF/GF) AM Snack: Crunchy Chickpeas Lunch: Alphabet Soup (V/ DF/EF) PM Snack: Cheese Cubes</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/ DF/ GF) AM Snack: Pickled Veggies Lunch: Black Bean Smash (V/GF/EF) PM Snack: Fruit</p>	<p>Breakfast: Mixed Fruit & Yogurt Smoothie (V/EF/GF) AM Snack: Veggies Lunch: Pizza Friday! (EF/V) PM Snack: Oranges</p>
10	11	12	13	14
<p>Breakfast: Whole Grain Cereal, Grass-fed milk (V) (EF) AM Snack: Fruit Lunch: Baked Ziti (V/ EF) PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait & Granola (V/GF) AM Snack: Fruit Lunch: Hummus, Pita & Veggies (GF/ EF) PM Snack: (GF/EF)</p>	<p>Breakfast: Blueberry Muffins (V/DF/EF/GF) AM Snack: Fruit Lunch: Veggie Chili PM Snack: Chia Pudding</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/ DF/ GF) AM Snack: Fruit Lunch: Veggie Quesadilla (V/EF) PM Snack: Trail Mix</p>	<p>TBS CLOSED</p>
17	18	19	20	21
<p>Breakfast: Whole Grain Cereal, Grass-fed milk (V/ EF) AM Snack: Fruit Lunch: Mac & Cheese (V/ EF) PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait & Granola (V/GF) AM Snack: Fruit Lunch: Chicken Tenders (V/ EF) PM Snack: Veggie</p>	<p>Breakfast: Blueberry Muffins (V/DF/EF/GF) AM Snack: Fruit Crunchy Chickpeas Lunch: Veggie Alphabet Soup (V/ DF/EF) PM Snack: Cheese Cubes</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/ DF/ GF) AM Snack: Pickled Veggies Lunch: Black Bean Smash (V/GF/EF) PM Snack: Fruit</p>	<p>Breakfast: Mixed Fruit & Yogurt Smoothie (V/EF/GF) AM Snack: Veggies Lunch: Pizza Friday! (EF/V) PM Snack: Oranges</p>
24	25	26	27	28
<p>Breakfast: Whole Grain Cereal, Grass-fed milk (V) (EF) AM Snack: Fruit Lunch: Baked Ziti (V/ EF) PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait & Granola (V/GF) AM Snack: Fruit Lunch: Hummus, Pita & Veggies (GF/ EF) PM Snack: (GF/EF)</p>	<p>Breakfast: Blueberry Muffins (V/DF/EF/GF) AM Snack: Fruit Lunch: Veggie Chili PM Snack: Chia Pudding</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/ DF/ GF) AM Snack: Fruit Lunch: Veggie Quesadilla (V/EF) PM Snack: Trail Mix</p>	<p>Breakfast: Mixed Fruit & Yogurt Smoothie (V/EF/GF) AM Snack: Veggies Lunch: Pizza Friday! (EF/V) PM Snack: Apple Slices</p>
<p>V = Vegetarian GF = Gluten Free EF = Egg Free DF = Dairy Free</p>				