

Sunrise Center Menu for April 2018

Menus Subject to Change

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
NO CENTER	NO CENTER	WG Cereal Fruit Low Fat Milk Grilled Ham & Cheese Baked Beans Fruit Low fat Milk	WG Cereal & Yogurt Fruit Low Fat Milk 3 Piece Chicken Tenders w/ WG Roll Celery Sticks Fruit Low Fat Milk	Ham Egg & Cheese on Bun Fruit Low fat Milk Cheese Pizza Fresh Broccoli Fruit Low Fat Milk
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
WG French Toast Minis Fruit Low Fat Milk Chicken Patty Sandwich Steamed Broccoli Fruit Low Fat Milk	WG Pancakes Fruit Low Fat Milk Chicken Chef Salad Chickpeas Fruit Low Fat Milk	WG Cereal Fruit Low Fat Milk Grilled Cheese w/ Tomato Soup Baked Fries Fruit Low fat Milk	WG Cereal & Yogurt Fruit Low Fat Milk Ham BBQ Sandwich Seasoned Peas Fruit Low Fat Milk	Ham Egg & Cheese on Bagel Fruit Low Fat Milk Cheeseburger Green Beans Fruit Low Fat Milk
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
WG French Toast Minis Fruit Low Fat Milk 3 Piece Chicken Tenders w/ WG Roll Carrot Sticks Fruit Low Fat Milk	WG Pancakes Fruit Low Fat Milk Beef & Cheese Nachos Corn Fruit Low Fat Milk	WG Cereal Fruit Low Fat Milk Turkey & Cheese Pretzel Melt Baked Beans Fruit Low Fat Milk	WG Cereal & Yogurt Fruit Low Fat Milk Chicken Nuggets w/ WG Roll Celery Sticks Fruit Low Fat Milk	NO CENTER
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
WG French Toast Minis Fruit Low Fat Milk Popcorn Chicken w/ WG Roll Steamed Broccoli Fruit Low Fat Milk	WG Pancakes Fruit Low Fat Milk Pasta w/ Meat Sauce Cucumber Slices Fruit Low Fat Milk	WG Cereal Fruit Low Fat Milk Meatball Hoagie Baked Fries Fruit Low Fat Milk	Blueberry & Yogurt Parfait Fruit Low Fat Milk Ham & Cheese Pretzel Melt Seasoned Peas Fruit Low Fat Milk	ZOO FIELD TRIP
MONDAY 30	<p>April is the perfect time of year to start a garden. Sometimes it can be a challenge to get your kids to eat enough fruits and vegetables, but gardening may help! Recent research has shown that when kids help grow fruits and vegetables, they are likely to eat more produce and to try different kinds, too. Gardening helps kids engage their curiosity, learn to be resourceful and gain self-confidence. It is also a great way to get the entire family outside for fresh air and physical activity.</p> <p style="text-align: center;">http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/easy-foods-kids-can-grow-in-the-garden</p>			
WG French Toast Minis Fruit Low Fat Milk Chicken Nuggets w/ WG Roll Carrot Sticks Fruit Low Fat Milk				

*LF refers to Low Fat, WG Refers to Whole Grain Rich, HM refers to Homemade, PB refers to Peanut Butter, RS refers to Reduced Sugar.

This institution is an equal opportunity provider.