

April

RED BANK CHARTER SCHOOL

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 No School	5 No School	6 No School
9 Bagles Fruit Milk	10 Waffles Sausage Fruit Milk	11 Yogurt Granola Fruit Milk or Cereal	12 Scramble Eggs Turkey Bacon Toast Milk Fruit	13 Cereal Milk Fruit Smoothies
16 Muffins Fruit Milk	17 Scramble Eggs Sausage Fruit Milk	18 Yogurt Granola Fruit Milk or Cereal	19 Pankcakes Sausage Toast Fruit Milk	20 Cereal Milk Fruit Smoothies
23 Bagles Fruit Milk	24 French Toast Turkey Bacon Fruit Milk	25 Yogurt Granola Fruit Milk or Cereal	26 Scramble Eggs Sausage Toast Fruit Milk	27 Cereal Milk Fruit Smoothies
30 Muffins Fruit				

April 2 - April 30

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
9	10	11	12	
Toasted Cheese Sandwich on Whole Grain Bread-1 Chicken Noodle Soup-1/2 c. Fresh Baby Carrots w/ Dip-3/4 c. Apple-1 Milk-8 oz.	Beef Nachos with Cheddar Cheese Sauce-5 oz. Celery Sticks w/ Dip-3/4 c. Fresh Orange-1 Whole Grain Scoops Tortilla Chips-1 oz./Milk-8 oz.	Salisbury Steak w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Banana-1 Wheat Dinner Roll Milk-8 oz.	All Beef Hot Dog on a Wheat Bun-1 Broccoli & Cheese-3/4 c. Grapes-1/2 c. Milk-8 oz.	3x5 Cheese Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 Peach Applesauce Cup-1/2 Milk-8 oz.
16	17	18	19	
W/G Chicken Fingers-3 Corn-3/4 c. Wheat Dinner Roll Applesauce Cup-1/2 c. Milk-8 oz.	TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese & Lettuce-2 Spanish Rice-3/4 z. W/G Soft Taco Shells-2 Fresh Apple-1/Milk-8 oz.	Swedish Turkey Meatballs-3 oz. Roasted Potato Medley-3/4 c. Wheat Dinner Roll Clementine-1 Milk-8 oz.	Cheese Quesadilla-1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Banana-1 Milk-8 oz.	3x5 Cheese Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 Fresh Orange-1 Milk-8 oz.
23	24	25	26	
All Beef Hamburger on a Wheat Bun-1 French Fries-1/2 c. Fresh Apple-1 Milk-8 oz.	Beef Nachos with Cheddar Cheese Sauce-5 oz. Rice-3/4 c. Whole Grain Tortilla Scoops-1 oz. Grapes-1/2 c. Milk-8 oz.	French Toast Sticks w/ Syrup-3 Beef Sausage Links-3 Celery Sticks w/ Dip-3/4 c. Wheat Dinner Roll Clementine-1 Milk-8 oz.	Breaded Flounder Fillet-5 oz. Diced Carrots-3/4 c. Fresh Orange-1 Tarter Sauce Wheat Dinner Roll Milk-8 oz.	3x5 Cheese Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 Strawberry Applesauce Cup-1/2 Milk-8 oz.
30				
Whole Grain Chicken Nuggets-4 Corn-3/4 c. Applesauce Cup-1/2 c. Wheat Dinner Roll Milk-8 oz.				