

April 2019

	Mon	Tue	Wed	Thu	Fri	
	<p>1. B: Scrambled Eggs with Cheese, Whole Wheat Biscuits, Fresh Pears and Milk L: Turkey Meatball Subs with Marinara Sauce and Shredded Mozzarella Cheese Whole Wheat Bun Green Beans, Diced Peaches, and Milk S: Animal Crackers and Milk</p>	<p>2. B: Wheat Chex, Fresh Mango and Milk L: Homemade Chicken Tetrizzini with Peas and Carrots, Fresh Orange Slices and Milk S: Whole Wheat Crackers, Cheddar Cheese Cubes, and Water</p>	<p>3. B: Oatmeal, Fresh Bananas and Milk L: Baked Salmon with Garlic Butter Sauce, Steamed Broccoli, Fresh Blueberries, Whole Wheat Dinner Rolls and Milk S: Goldfish Pretzels and Milk</p>	<p>4. B: Warm Cream of Wheat, Pineapple Chunks, and Milk L: Vegetarian Lasagna, Italian Vegetable Blend, Dragon Fruit Mix and Milk S: Graham Crackers Sun Butter and Water</p>	<p>5. B: Rice Krispies, Fresh Blackberries and Milk L: Homemade Turkey Taco with Lettuce, Tomatoes and Shredded Cheese On Whole Wheat Tortilla, Roasted Black Beans and Corn Blend, Pineapple Tidbits and Milk S: Tortilla Chips and Salsa Water</p>	6.
7.	<p>8. B: Warm English Muffins with Honeydew Melon and Milk L: Homemade Chicken Stew with Potatoes and Cauliflower, Tropical Fruit and Milk S: Animal Crackers, Blueberries and Water</p>	<p>9. B: Pancakes with Applesauce and Milk L: Fish Sticks, Corn Black Bean Salsa, Pears and Milk S: Yogurt and Graham Crackers</p>	<p>10. B: Warm Bagels, Red Apples and Milk L: Grilled BBQ Chicken On Bun with String Beans and Cantaloupe and Milk S: Hummus And Pita Bread and Water</p>	<p>11. B: Cinnamon Chex Cereal, Bananas and Milk L: Chicken Pot Pie with Rice, Mandarin Oranges and Milk S: Goldfish Pretzels, Bananas, and Water</p>	<p>12. B: Corn Flakes, Blueberries and Milk L: Turkey and Cheese in a Spinach Wrap, Steamed Carrots, Sliced Peaches, and Milk S: Teddy Grams and Milk</p>	13.
14.	<p>15. B: Warm Bagels, Bananas, and Milk L: Homemade Spaghetti with Turkey, Steamed Green Beans, Pears, and Milk S: Sunbutter, Fresh Green Apples and Water</p>	<p>16. B: Shredded Wheat Cereal, Raspberries and Milk L: Chicken Nuggets, Green Peas, Mandarin Oranges and Milk S: Goldfish Crackers and Milk</p>	<p>17. B: WW Pancakes, Apple Sauce and Milk L: Orange Glazed Chicken Legs, Garden Rice, Oriental Vegetable Blend, Dragon Fruit Mix and Milk S: Garlic Roasted Hummus, Unsalted Saltine Crackers and Water</p>	<p>18. B: Turkey Sausage Biscuits, Fresh Sliced Blood Oranges and Milk L: Homemade Turkey Chili with Diced Tomatoes, Whole Wheat Crackers, Pineapple Chunks and Milk S: Yogurt, Graham Crackers and Water</p>	<p>19. B: Kix Cereal, Blueberries and Milk L: Crab Cakes with Dill Sauce, Steamed Brussel Sprouts, Sliced Peaches and Milk S: Animal Crackers and Milk</p>	20.
21.	<p>22. B: Oatmeal, Blueberries and Milk L: Turkey Sloppy Joes, WW Buns, Coleslaw and Red Apples and Milk S: Gold Fish, Blackberries and Water</p>	<p>23. B: Whole Grain Cheerios, Pears and Milk L: Vegetarian Alfredo with Broccoli, Diced Peaches and Milk S: Chex Mix and Milk</p>	<p>24. B: Cheese Grits, Bananas and Milk L: Homemade Chili with Beans, Rice, Fruit Cocktail, and Milk S: Cheddar Cheese, Whole Wheat Crackers and Water</p>	<p>25. B: Egg and Cheese Omelets with Whole Wheat Tortillas, Pears and Milk L: Homemade Mac and Cheese, Steamed Green Beans, Mandarin Oranges, and Milk S: Hummus, Pita Bread and Water</p>	<p>26. B: Kix Cereal with Green Apples and Milk L: Grilled Chicken On a Whole Wheat Bun, Tater Tots, Pineapple Chunks and Milk S: Graham Crackers, Bananas and Milk</p>	27.
28.	<p>29. B: Scrambled Eggs with Cheese, Whole Wheat Biscuits, Fresh Pears and Milk L: Turkey Meatball Subs with Marinara Sauce and Shredded Mozzarella Cheese Whole Wheat Bun Green Beans, Diced Peaches, and Milk S: Animal Crackers and Milk</p>	<p>30. B: Wheat Chex, Fresh Mango and Milk L: Homemade Chicken Tetrizzini with Peas and Carrots, Fresh Orange Slices and Milk S: Whole Wheat Crackers, Cheddar Cheese Cubes, and Water</p>	<p>1. B: Oatmeal, Fresh Bananas and Milk L: Baked Salmon with Garlic Butter Sauce, Steamed Broccoli, Fresh Blueberries, Whole Wheat Dinner Rolls and Milk S: Goldfish Pretzels and Milk</p>	<p>2. B: Warm Cream of Wheat, Pineapple Chunks, and Milk L: Vegetarian Lasagna, Italian Vegetable Blend, Dragon Fruit Mix and Milk S: Graham Crackers Sun Butter and Water</p>	<p>3. B: Rice Krispies, Fresh Blackberries and Milk L: Homemade Turkey Taco with Lettuce, Tomatoes and Shredded Cheese On Whole Wheat Tortilla, Roasted Black Beans and Corn Blend, Pineapple Tidbits and Milk S: Tortilla Chips and Salsa Water</p>	4.

Infant & Toddler -1 receive Whole Milk
Toddler 2 – GA Pre-K receive 2% Milk

Clairmont
Phone: 404-315-6340

Clifton
Phone: 404-636-4073

	Mon	Tue	Wed	Thu	Fri	
<h1>April Vegetarian 2019</h1>						
	1. B: Scrambled Eggs with Cheese, Whole Wheat Biscuits, Fresh Pears and Milk L: Boca Crumble Subs with Marinara Sauce and Shredded Mozzarella Cheese Whole Wheat Bun Green Beans, Diced Peaches, and Milk S: Animal Crackers and Milk	2. B: Wheat Chex, Fresh Mango and Milk L: Homemade Tetrzzini with Broccoli, Peas and Carrots, Fresh Orange Slices and Milk S: Whole Wheat Crackers, Cheddar Cheese Cubes, and Water	3. B: Oatmeal, Fresh Bananas and Milk. L: Breaded Eggplant with Garlic Butter Sauce, Steamed Broccoli, Fresh Blueberries, Whole Wheat Dinner Rolls and Milk S; Goldfish Pretzel and Milk	4. B: Warm Cream of Wheat, Pineapple Chunks, and Milk L: Vegetarian Lasagna, Italian Vegetable Blend, Dragon Fruit Mix and Milk S: Graham Crackers Sun Butter and Water	5. B: Rice Krispies, Fresh Blackberries and Milk L: Homemade Boca Crumble Taco with Lettuce, Tomatoes and Shredded Cheese on Whole Wheat Tortilla, Roasted Black Beans and Corn Blend, Pineapple Tidbits and Milk S: Tortilla Chips and Salsa Water	6.
7.	8. B: Warm English Muffins with Honeydew Melon and Milk L: Homemade Stew with Chopped Veggie Patty with Potatoes and Cauliflower, Tropical Fruit and Milk S: Animal Crackers, Blueberries and Milk	9. B: Pancakes with Applesauce and Milk L: Breaded Eggplant, Corn Black Bean Salsa, Pears and Milk S: Yogurt and Graham Crackers, Water	10. B: Warm Bagels, Red Apples and Milk L: BBQ Boca Patty On Bun, String Beans and Cantaloupe and Milk S: Hummus And Pita Bread and Water	11. B: Cinnamon Chex Cereal, Bananas and Milk L: Chopped Veggie Nugget Pot Pie with Rice, Mandarin Oranges and Milk S: Goldfish Pretzels, Bananas, and Water	12. B: Corn Flakes, Blueberries and Milk L: Cheese and Spinach Wrap, Steamed Carrots, Sliced Peaches, and Milk S: Teddy Grams and Milk	13.
14.	15. B: Warm Bagels, Bananas, and Milk L: Homemade Spaghetti with Boca, Steamed Green Beans, Pears, and Milk S: Sunbutter, Fresh Green Apples and Water	16. B: Shredded Wheat Cereal, Raspberries and Milk L: Veggie Nuggets, Green Peas, Mandarin Oranges and Milk S: Goldfish Crackers and Milk	17. B: WW Pancakes, Apple Sauce and Milk L: Orange Glazed Boca Patty, Garden Rice, Oriental Vegetable Blend, Dragon Fruit Mix and Milk S: Garlic Roasted Hummus Unsalted Saltine Crackers Water	18. B: Veggie Sausage Biscuits, Fresh Sliced Blood Oranges and Milk L: Homemade Chili with Boca Crumbles, Diced Tomatoes, Whole Wheat Crackers, Pineapple Chunks and Milk S: Yogurt, Graham Crackers and Water	19. B: Kix Cereal, Blueberries and Milk L: Breaded Eggplant, Steamed Brussel Sprouts, Sliced Peaches and Milk S: Animal Crackers and Milk	20.
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dford@theliftonschool.org