

SUPPER MEALS - April 2019

Kit provides: 2 oz M/MA, 1 oz WGR, & 1/2 c F or V = COMPLETE SUPPER

OVS= 8 oz milk & 1/2 c vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1 - 5	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Eggo Mini Pancake Dippers, Hard Boiled Egg, & Strawberry Fruit Cup	Kelloggs Crunch Mania, Vanilla Yogurt, & Cheese	Peanutbutter Cup, Colby Jack Cheese, & Nature Valley Crisps & Applesauce cup
Recipe #		S15204			
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Hardboiled Egg (E)(1g)	4 oz vanilla yogurt (D)(20g) String Cheese (D)(1g)	Peanutbutter Cup (P) (8 g) Colby Jack Cheese (D)(0g)
Grain	Cinnamon Chex Bowl (23g)		Mini Pancakes (D,E,S,W)(34g)	Crunch Mania (D,S,W)(37g)	Nature Valley Crisps (W)(15 g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Strawberry Fruit Cup (none) (22g)	Craisins (28 g)	Applesauce cup (14g)
Cond					
Utensils	spoon		spoon	spoon	spoon
total items:	3	3	5	5	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Syrup	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	1	2	3	4	5
April 8-12	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Apple Chips	Giant Chicken Dipper with Ranch Cup & Mango Swirl Juice	Turkey & Colby Jack Cheese with Jalapeno Cheese Puffs & Fresh Fruit
Recipe #	S13237	S15204			
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Breaded Chicken Fillet (D,W) (16g)	1 Turkey Stick (0 g) Colby Jack Cheese (D)(0g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)		Dried Apple Chips (10g)	Mango Swirl Juice (13g)	Jalapeno Cheese Puffs (D)(15 g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)		Ranch cup (D,E,W)(2g)	Fresh Fruit (12g)
Cond					
Utensils	spoon				
total items:	5	3	2	3	4
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	6	7	8	9	10
April 15-19	Frosted Mini Wheats & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Kelloggs Crunch Mania, Vanilla Yogurt, & Cheese	Jalapeno Cheese Puffs, Seeds, Colby Cheese & Mango Swirl	Tuna Cup, Wheat Crackers, & Apple Chips
Recipe #	S15369	S15204			
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	4 oz vanilla yogurt (D)(20g) Cheddar Cubes (D)(0g)	Roasted Seeds (none)(4g) Colby Jack Cheese (D)(0g)	Tuna cup (F,S)(0g)
Grain	Cinnamon Toast Crunch Bowl (S,W)(22g)		Crunch Mania (D,S,W)(37 g)	Jalapeno Cheese Puffs (D)(15 g)	Wheat Crackers 14g(D,W)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Craisins (28 g)	Mango Swirl Juice (13g)	Dried Apple Chips (10g)
Cond				Ranch cup (D,E,W)(2g)	Mayo (E,S)(1g)
Utensils	spoon		spoon		fork
total items:	4	3	5	3	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	11	12	13	14	15

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 22-26	Cinnamon Chex & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Eggo Mini Pancake Dippers, Hard Boiled Egg, & Strawberry Fruit Cup	Yummy Chillin' Pepperoni Pizza!	Peanutbutter Cup, Colby Jack Cheese, & Heartzels & Applesauce cup
Recipe #		S15204			
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Hardboiled Egg (E)(1g)	Pepperoni Pizza (D,S,W)(38g)	Peanutbutter Cup (P) (8 g) Colby Jack Cheese (D)(0g)
Grain	Cinnamon Chex Bowl (23g)		Mini Pancakes (D,E,S,W)(34g)		Heartzel Pretzels (W)(15g)
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Strawberry Fruit Cup (none) (22g)	Mango Swirl Juice (13g)	Applesauce cup (14g)
Cond					
Utensils	spoon		spoon		spoon
total items:	3	3	5	2	5
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	16	17	18	19	20
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 29 - May 3	Cinnamon Toast Crunch & Yogurt & Seeds & Dried Cranberries	Smuckers PB&J, String Cheese, & Juice Kit	Turkey Ham Croissant Sandwich with Apple Chips	Giant Chicken Dipper with Ranch Cup & Mango Swirl Juice	Turkey & Colby Jack Cheese with Jalapeno Cheese Puffs & Fresh Fruit
Recipe #	S13237	S15204			
M/MA (2 oz)	Strawberry Yoplait Go Big Yogurt tube (D) (18g)	Smuckers PB&J (P,W)(34g) & String Cheese (D)(1g)	Turkey Ham & Cheese Croissant Sandwich (D,S,W) (35g)	Breaded Chicken Fillet (D,W) (16g)	1 Turkey Stick (0 g) Colby Jack Cheese (D)(0g)
Grain	Cinnamon Toast Crunch Bowl (S, W)(22g)		Jalapeno Cheese Puffs (D)(15 g)		
Fruit or Veg 1/2 cup	Dried Cranberries with Seeds (39g)	Strawberry Banana Swirl Juice (13g)	Dried Apple Chips (10g)	Mango Swirl Juice (13g)	Fresh Fruit (12g)
Cond				Ranch cup (D,E,W)(2g)	
Utensils	spoon				
total items:	5	3	2	3	4
Items provided by site:					
Veg (1/2 c)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)	Baby Carrots (4g)
Milk (8 oz)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)	1% white (D)(14g) & NF choc (D)(22g)
Condiments	Ranch (D,E,W)	Ranch (D,E,W)	Ranch (D,E,W), mayo, mustard	Ranch (D,E,W)	Ranch (D,E,W)
<small>servicing day</small>	21	22	23	24	25