# What's on the Menu?

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| CONFIDENT / WE'RE SO GRAPE-FUL FOR YOU! | **MOOD BOOST** | **1** Mini Cinnis or Apple Cinnamon Whole Grain Muffin with String Cheese 100% Fruit Punch | **2** Trix Cereal Bar with Graham Cracker Fresh Plum | **3** WG Apple Frudel or Chex Cereal Bowl with String Cheese 100% Orange Juice | **4** Cinnamon Toast Crunch Cereal Bowl with Graham Cracker Apple Slices | **Peanut Free Schools** • Cleveland • Forest • Oakwood • Park Ave • Lincoln — NUT FREE SCHOOL ZONE WE'RE NUT FREE! |
| SMART | **7** Whole Grain Frosted Flakes with Graham Cracker Fresh Red Apple | **8** Strawberry Bagel or Chocolate Chip Whole Grain Muffin with String Cheese 100% Orange Juice | **9** Trix Cereal Bar With Graham Cracker Fresh Red Plum | **10** Mini Pancakes or Chex Cereal Bowl with String Cheese 100% Apple Juice | **11** Banana Whole Grain Muffin with Graham Cracker Fresh Orange | HAVE AN EGG-CELLENT DAY! |
| STRONG | **14** Whole Grain Chocolate Chip Muffin Granny Smith Apple | **15** Chicken Biscuit Sandwich or Honey Cheerios Cereal Bowl 100% Grape Juice | **16** Cocoa Puff Cereal Bar with Graham Cracker Fresh Bartlett Pear | **17** Mini Cinnis or Chex Cereal Bowl with String Cheese 100% Orange Juice | **18** GOOD FRIDAY DISTRICT CLOSED | WE THINK YOU'RE AWESOME TO THE CORE |
| Bring on BREAKFAST | **21** SPRING BREAK DISTRICT CLOSED | **22** SPRING BREAK DISTRICT CLOSED | **23** SPRING BREAK DISTRICT CLOSED | **24** SPRING BREAK DISTRICT CLOSED | **25** SPRING BREAK DISTRICT CLOSED | POWER UP! Power Your Performance / ALERT |
| RUSH HOUR | **28** Golden Graham Cereal Bar with Graham Cracker Fresh Red Apple | **29** Strawberry Bagel or Chocolate Chip Whole Grain Muffin with String Cheese 100% Orange Juice | **30** Trix Cereal Bar With Graham Cracker Fresh Red Plum | DISCOVERY KITCHEN HEALTHY PLANET | BE A WASTE WARRIOR | MOOD BOOST FEED YOUR MOOD. |

*All meals served with choice of Low Fat and Skim milk*

*This institution is an equal opportunity provider. Due to Supplier shortages Menu Subject To Change Without Notice*

# What's on the Menu?

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **Fun Lunch / Grab & Go**<br><br>**Daily** - Turkey or Turkey Ham & Cheese Sandwich<br>**M-W-F** - Sun Butter & Jelly or Assorted Salads<br>**Tues & Thurs** - Fruit Parfait Cup or Fun Lunch | **MOOD BOOST** | 1<br>**Beef Walking Taco**<br>Seasoned Black Beans Lettuce, Tomato, and Cheddar Cheese<br>Fresh Granny Smith Apple | 2<br>**Turkey Hot Dog On WG Bun**<br>Vegetarian Beans<br>Fresh Orange Slices | 3<br>**Chicken Tenders**<br>Tater Tots & Dinner Roll<br>Fresh Apple Slices | 4<br>**Classic Cheese Deep Dish Pizza**<br>Baby Carrot with Ranch<br>Cupped Diced Pears | **Peanut Free Schools**<br>• Cleveland<br>• Forest<br>• Oakwood<br>• Park Ave<br>• Lincoln |
| **Fun Lunch / Grab & Go**<br><br>**Daily** - Turkey or Turkey Ham & Cheese Sandwich<br>**M-W-F** - Sun Butter & Jelly or Assorted Salads<br>**Tues & Thurs** - Fruit Parfait Cup or Fun Lunch | 7<br>**Cheesy Mac & Cheese**<br>Steamed Broccoli<br>Chilled Cupped Peaches | 8<br>**Chicken Nuggets and Mashed Potato Bowl**<br>Seasoned Spinach With Tomatoes<br>Fresh Orange Slices | 9<br>**Cheeseburger or Hamburger**<br>Season Potato Wedges<br>Chilled Cupped Mandarin Oranges | 10<br>**Beef Meatball Sandwich**<br>Crispy French Fries<br>Fresh Red Apple | 11<br>**Classic Cheese or Turkey Pepperoni Pizza**<br>Baby Carrot with Ranch<br>Pineapple Tidbits | SMART SNACKING |
| **Fun Lunch / Grab & Go**<br><br>**Daily** - Turkey or Turkey Ham & Cheese Sandwich<br>**M-W-F** - Sun Butter & Jelly or Assorted Salads<br>**Tues & Thurs** - Fruit Parfait Cup or Fun Lunch | 14<br>**Mozzarella Sticks with Marinara Sauce**<br>Seasoned Spinach<br>Chilled Cupped Pears | 15<br>**Baked Chicken with Yellow Rice**<br>Seasoned Pinto Beans<br>Dried Cranberry Craisins | 16<br>**Chicken & WG Waffles**<br>Candid Sweet Potatoes<br>Fresh Apple Slices | 17<br>**Classic Cheese Deep Dish Pizza**<br>Baby Carrot with Ranch<br>Cupped Diced Pears | 18<br>**GOOD FRIDAY DISTRICT CLOSED** | TATER TOTS |
| **Fun Lunch / Grab & Go**<br><br>**Daily** - Turkey or Turkey Ham & Cheese Sandwich<br>**M-W-F** - Sun Butter & Jelly or Assorted Salads<br>**Tues & Thurs** - Fruit Parfait Cup or Fun Lunch | 21<br>SPRING BREAK DISTRICT CLOSED | 22<br>SPRING BREAK DISTRICT CLOSED | 23<br>SPRING BREAK DISTRICT CLOSED | 24<br>SPRING BREAK DISTRICT CLOSED | 25<br>SPRING BREAK DISTRICT CLOSED | POWERUP!<br>Power Your Performance |
| **Fun Lunch / Grab & Go**<br><br>**Daily** - Turkey or Turkey Ham & Cheese Sandwich<br>**M-W-F** - Sun Butter & Jelly or Assorted Salads<br>**Tues & Thurs** - Fruit Parfait Cup or Fun Lunch | 28<br>**Sweet & Sour Chicken Over Brown Rice**<br>Seasoned Broccoli<br>Pineapple Tidbit | 29<br>**Turkey Nachos Salsa & Cheese**<br>Seasoned Kidney Beans<br>Fresh Apple Slices | 30<br>**Popcorn Chicken with WG Dinner Roll**<br>Seasoned Corn<br>Fresh Anju Pear | the GREAT AMERICAN ROADTRIP | PIZZA IS ALWAYS A GOOD IDEA | Farm TO School |

Geoffrey Simon
973-677-4000 x41732

chartwells
serving up happy & healthy

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