

April 2017

Cleveland HeadStart Old ECC Campus

LUNCH



APRIL SHOWERS BRING MAY FLOWERS



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Chicken Nuggets
Mashed Potatoes
Roll
Rosy Applesauce
1% Milk

3

Tuesday

Fish Sticks
Baked Beans
Pears
1% Milk

4

Wednesday

Meatball Sub
Green Beans
Peaches
1% Milk

5

Thursday

Grilled Chic Sandwich
Broccoli, Cheese Sauce
Pineapple
1% Milk

6

Friday

Pizza
Baby Carrots
Mixed Fruit
1% Milk

7

Hamburger
Potato Wedges
Rosy Applesauce
1% Milk

10

Soft Beef Taco
Refried Beans
Pears
1% Milk

11

Corn Dog
Carrots
Peaches
1% Milk

12

Sloppy Joe
Salad
Pineapple
1% Milk

13

14

Chicken Quesadilla
Refried Beans
Rosy Applesauce
1% Milk

17

Grilled Cheese Sandwich
Tomato Soup
Tater Tots
Pears
1% Milk

18

Corn Dog
Green Beans
Peaches
1% Milk

19

Cheeseburger Mac
Broccoli
Pineapple Tidbits
1% Milk

20

Pizza
Baby Carrots
Mixed Fruit
1% Milk

21

Tangerine Chicken
Brown Rice
Broccoli
Rosy Applesauce
1% Milk

24

BBQ Rib Patty Sandwich
Baked Beans
Pears
1% Milk

25

Chicken Ala King Biscuit
Green Beans
Peaches
1% Milk

26

Beef Fingers
Mashed Potatoes
Pineapple Tidbits
1% Milk

27

Burrito
Baby Carrots
Mixed Fruit
1% Milk

28

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Equal Opportunity
Provider And
Employer

