




Youth & Family Services

Girl's Inc., Child Care, Head Start

April 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3/31	4/1	4/2	4/3	4/4	4/5
Applesauce oatmeal Eng. muffin / Grapes Chili with cheese Crackers/ Celery Pineapple Animal crackers Milk	Toast / Scrambled eggs Pears Turkey & Cheese sub Baby carrots Fruit salad mix Banana muffin Grape juice	Bagel / Cereal Applesauce Meatballs with Gravy Pasta / Broccoli Grapes NO RC HS Classes Fresh fruit Milk	Cinnamon roll Orange slices Chicken drumstick Macaroni salad Peas Apple Celebrate Birthdays! Whole wht. sugar cookie Milk	Breakfast burrito Peaches Hamburger & Bun Tater tots Mixed fruit Trail mix Orange juice	
4/7	4/8	4/9	4/10	4/11	4/12
Waffle sticks Peaches Ham & Bean soup Crackers Garden salad Banana GI Day Hours Grahams Milk	Eng. muffin & Sausage Banana Beef patty Scalloped potatoes Bread / Grapes Wheat roll Orange juice	French toast Orange slices Turkey sandwich Corn Grapes No RCHS Classes Tort. Chips & Bean Dip Milk	Scrambled eggs Toast / Pineapple Chicken & Noodles Garden salad Strawberries Oatmeal cookie Milk	Cold Cereal / Toast Fruit mix Fish Nuggets/ Bread Coleslaw Oranges Apples & P. butter dip Water	
4/14	4/15	4/16	4/17	4/18	4/19
Yogurt & Cereal parfait Banana berry mix BBQ pork & Jr. Bun Country blend veggies Pears Banana Milk	Hard-cooked egg Toast / Banana Spaghetti / Garlic toast Lettuce salad Applesauce Gingerbread muffin Milk	Apple cinn. oatmeal Muffin / Peaches Hamburger & Bun Baked beans Fruit mix No RCHS Classes Animal crackers & Yogurt Water	Bread pudding with Vanilla sauce / grapes Chicken leg Whole wht. bun Red potatoes Peaches Tort. chips & Bean dip Water	Bagel with P. Butter Oranges Ham & Cheese sand. Whole wht. bread Broccoli Grapes Kid's Fair! Glazed cinnamon roll Milk	 Kid's Fair!
4/21	4/22	4/23	4/24	4/25	4/26
Toast / Egg Peaches Mac & cheese / Ham Peas Oranges / Banana Grahams Milk	Brkfst. burrito / eggs Grapes Hawaiian chicken Rice pilaf Peas & Carrots blend Orange slices YFS bar cookie Milk	Cereal / Bagel Oranges Sloppy Joe & bun Green beans Pears No RCHS Classes Italian breadstick Milk	French toast Applesauce Beef with Gravy Mashed potatoes Wheat roll Strawberries Cereal Milk	Cereal / Toast Pears Smart cheese pizza Spinach salad blend Fruit mix Pretzels Grape juice	
4/28	4/29	4/30	5/1	5/2	5/3
Muffin / Cereal Pineapple Hamburger & Bun Lettuce leaf / Pickle Smiley tots Applesauce Fresh fruit Milk	French toast Peaches Chicken noodle soup Peas / Cheese Mandarin oranges Oatmeal cookie Orange juice	Biscuit & Sausage patty Grapes Turkey sandwich Baby carrots Pineapple YES RCHS Classes Animal crackers Milk	Cereal / Toast Applesauce Beef soft taco Lettuce mix Grapes No RCHS Classes Wheat roll Milk	Hard-cooked eggs Toast / Peaches Chicken strips Wheat bread Corn Mixed fruit No RCHS Classes Snack crackers Apple juice	

Milk is served with all meals Menus subject to change

In the operation of child feeding programs, this institution is prohibited from discrimination on the basis of race, sex, color, national origin, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W. Washington D.C. 20250-9410.

or call (800) 795-3272 (voice) or (202) 7206382 (TTY). USDA is an equal opportunity provider and employer..