




APRIL 2024

Dover Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
SPRING BREAK				
08 B-Yogurt Blueberries Whole Grain Graham Crackers L-Chicken Nuggets Black Beans Brown Rice Sliced Carrots Pineapple S- Whole Wheat Crackers Sliced Cheese	09 B-Scrambled Eggs Whole Grain French Toast Orange Juice L-Turkey Tacos Whole Grain Tortilla Lettuce, Corn, Tomato Fruit Salad S- Whole Wheat Graham Crackers Milk	10 B-Whole Grain Waffle Apple Juice L-Meat Sauce Whole Grain Pasta Green Beans Mandarin Oranges S- Strawberry Yogurt Trail Mix w/Whole Grain Cereal	11 B-Whole Grain Bagel Sliced Peaches L- Grilled Cheese Whole Grain Bread Tomato Soup Mixed Vegetables Apricots S- Whole Wheat Goldfish Applesauce	12 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Animal Crackers
15 B-Whole Grain Oatmeal Blueberries L-Chicken Patty Whole Grain Bun Black Beans Sliced Carrots Sliced Apples S-Whole Wheat Crackers Sliced Cheese	16 B-Scrambled Eggs Whole Grain French Toast Orange Juice L-Beef Picadillo Brown Rice Peppers/Onions Mixed Vegetables Pineapple S- Whole Wheat Graham Crackers Milk	17 B-Whole Grain Waffle Apple Juice L-Meat Sauce Whole Grain Pasta Green Beans Mandarin Oranges S- Strawberry Yogurt Trail Mix w/Whole Grain Cereal	18 B-Whole Grain Bagel Sliced Peaches L- Grilled Cheese Whole Grain Bread Tomato Soup Cucumbers Apricots S-Whole Wheat Goldfish Applesauce	19 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Animal Crackers
22 B-Whole Grain Oatmeal Blueberries L-Cheesy Chicken w/ Whole Grain Pasta Sliced Carrots Sliced Pears S-Whole Wheat Crackers Sliced Cheese	23 B-Scrambled Eggs Corn Muffin Orange Juice L-Chicken Tacos Whole Grain Tortilla Lettuce, Tomato, Corn Pineapple S- Whole Wheat Graham Crackers Milk	24 B-Whole Grain Pancake Apple Juice L-Meat Sauce Whole Grain Pasta Green Beans Mandarin Oranges S- Strawberry Yogurt Trail Mix w/Whole Grain Cereal	25 B-Whole Grain Bagel Sliced Peaches L- Grilled Cheese Whole Grain Bread Tomato Soup Cucumbers Apricots S- Whole Wheat Goldfish Applesauce	26 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Animal Crackers
29 B-Whole Grain Oatmeal Blueberries L-Mac and Cheese Whole Grain Pasta Black Beans Sliced Carrots Sliced Pears S-Whole Wheat Crackers Sliced Cheese	30 B-Scrambled Eggs Whole Grain French Toast Orange Juice L-Pinto Beans Brown Rice Mixed Vegetables Pineapple S- Whole Wheat Graham Crackers Milk	 <p>ChooseMyPlate.gov</p>		

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the USDA Child and Adult Care Food Program
 Head Start children ages 2-5 years are served 1% or nonfat milk with meals
 E.H.S. children ages 0-23 months are served whole milk with meals
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
 MENU SUBJECT TO CHANGE WITHOUT NOTICE