

Putnam County Schools - APRIL 2009 - MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Egg, Canadian Bacon, Low Fat Biscuit or Whole Grain Cereal/Whole Wheat Toast Orange Slices	2 Boiled Egg/Whole Wheat Toast or Whole Grain Cereal/Whole Wheat Toast Sliced Apples	3 Waffle Sticks/Syrup or Whole Grain Cereal /Whole Wheat Toast Strawberries
		Tacos (Soft/Hard) Light Cheese Rice Refried Beans	Roast Beef/Gravy Mashed Potatoes Vegetable Medley (1/4 cup) Whole Wheat Roll	Hot Dog/Sauce Oven Fries Baked Beans (1/4 cup)
6 Low Fat Biscuit/Gravy or Whole Grain Cereal/Whole Wheat Toast Stewed Apples	7 Whole Wheat Cinnamon Roll or Whole Grain Cereal/Whole Wheat Toast Raisins	8 Oatmeal/Whole Wheat Toast or Whole Grain Cereal/Whole Wheat Toast Cinnamon Applesauce	9 Breakfast Pizza or Whole Grain Cereal/Whole Wheat Toast Orange Slices	10 IS DAY NO SCHOOL
Steak Hoagie on Whole Wheat Bun Baked Fries Veggie Sticks (1/4 cup)	Pizza Bread Corn on Cob Cantaloupe (1/4 cup)	Grilled Chicken Sandwich on Whole Wheat Bun Oven Fries Fruit Salad (1/4 cup)	Turkey/Dressing/Gravy Mashed Potatoes, Sweet Potatoes Green Beans Whole Wheat Roll Easter Cake	
13 SPRING BREAK	14 →	15 →	16 →	17 →
20 Pancakes/Syrup or Whole Grain Cereal/Whole Wheat Toast Sliced Peaches	21 Scrambled Eggs/Whole Wheat Toast or Whole Grain Cereal/Whole Wheat Toast Applesauce	22 Carrot Cake Muffin or Whole Grain Cereal/Whole Wheat Toast Orange Slices	23 Low Fat Biscuit Sausage Patty or Whole Grain Cereal/Whole Wheat Toast Applesauce	24 French Toast Sticks/Syrup or Whole Grain Cereal/Whole Wheat Toast Strawberries
Chicken Nuggets Potato Rounds California Blend Vegetables (1/4 cup)	Spaghetti/Sauce Applesauce Tossed Salad (1/4 cup) Whole Wheat Roll	Chili/Beans (1 cup) Grilled Cheese on Whole Wheat Bread Fruit Salad (1/4 cup) Chocolena Cake	Baked Steak/Gravy Mashed Potatoes Green Beans (1/4 cup) Whole Wheat Roll	Pizza Veggie Sticks (1/4 cup) Corn Birthday Cake
27 Boiled Egg/Whole Wheat Toast or Whole Grain Cereal/Whole Wheat Toast Orange Slices	28 Breakfast Pizza or Whole Grain Cereal/Whole Wheat Toast Apple Slices	29 Bagel/Yogurt or Whole Grain Cereal/Whole Wheat Toast Cantaloupe	30 Whole Wheat Cinnamon Roll or Whole Grain Cereal/Whole Wheat Toast Raisins	
Steak Hoagie on Whole Wheat Bun Oven Fries Golden Apple (1/4 cup)	Taco (Soft) Black Bean (1/4 cup) Rice (1/4 cup) Orange Slices (1/4 cup)	Breaded Chicken Breast on Whole Wheat Bun Baked Beans (1/4 cup) Oven Rounds	Lasagna Tossed Salad (1/4 cup) Applesauce (1/2 cup) Whole Wheat Roll	

LUNCH: Fruit/Vegetable Bar, Whole Wheat Bread, Milk. BREAKFAST: Juice and Milk Daily. This institution is an equal opportunity provider.