

Santa Cruz Gardens Children's Center

April 2022

	Tuesday	Wednesday	Thursday	Friday 4 / 1	
<b>am snack</b>				Cereal, Milk, and fruit	
<b>lunch</b>				Sunbutter & Jam Sandwiches on whole grain bread, Vegetables, Fruit, and Milk	
<b>pm snack</b>				Homemade trail mix, milk and fruit	
	Monday 4 / 4	Tuesday 4 / 5	Wednesday 4 / 6	Thursday 4 / 7	Friday 4 / 8
<b>am snack</b>	Rice cakes, sunbutter, and fruit	Pumpkin Bread,milk and fruit	Hard boiled eggs, toast and fruit	Cinnamon toast, fruit and milk	Oatmeal, fruit and milk
<b>lunch</b>	Turkey sloppy joes on buns, veggies, fruit and milk	Pot stickers, edamame, rice, veggies, fruit and milk	Organic mac and cheese, veggies, fruit and milk	Refried beans & cheese, flour & corn tortillas, veggies, fruit and milk	Chicken salad, whole grain crackers, veggies, fruit and milk
<b>pm snack</b>	Goldfish crackers, raisins and milk	Belvita crackers, sunflower butter, fruit	Pirates booty, string cheese and veggies	Yogurt,Homade Granola and fruit	Rice Rolls, string cheese and veggies
	Monday 4 / 11	Tuesday 4 / 12	Wednesday 4 / 13	Thursday 4 / 14	Friday 4 / 15
<b>am snack</b>	Oatmeal, milk and fruit	Homemade applesauce bread, fruit and milk	Cinnamon toast, fruit and milk	Yogurt, fruit and homemade granola	Waffles, maple syrup, fruit and milk
<b>lunch</b>	Chicken Nuggets, Quinoa, , veggies, fruit and milk	Cheese pizza on Pita Bread, veggies, fruit and milk	Lentil Soup veggies, crackers, fruit and milk	Pasta with meat sauce, parmesan cheese, veggies, fruit and milk	Turkey and Cheese Sandwich veggies, fruit and milk
<b>pm snack</b>	Bagels. Cream Cheese, fruit and Milk	Trail Mix, Cheese, Veggies	Fig bars, fruit, and milk	Hummus, pita triangles and cucumbers	Smoothies( fruit& yogurt) and crackers
	Monday 4 / 18	Tuesday 4 / 19	Wednesday 4 / 20	Thursday 4 / 21	Friday 4 / 22
<b>am snack</b>	Yogurt, fruit and homemade granola	Cereal, fruit and milk	Waffles, maple syrup, fruit and milk	Fig bars, fruit, and milk	Yogurt, Homemade Granola and fruit
<b>lunch</b>	Pesto Pasta,Parmsen Cheese, veggies, fruit and milk	Baked Tofu, rice, veggies, fruit and milk	Chicken Nuggets, Quinoa, vegetables, fruit and Milk	Swedish Meatball, Egg Noodles, veggies, fruit, milk	Salami, cheese, whole grain crackers, veggies, fruit and milk
<b>pm snack</b>	Pirates booty, string cheese and veggies	Belvita crackers, sunflower butter, fruit	Bagels, cream cheese and fruit	Rice Rolls, string cheese and veggies	Trail Mix, Cheese, Veggies
	Monday 4 / 25	Tuesday 4 / 26	Wednesday 4 / 27	Thursday 4 / 28	Friday 4 / 29
<b>am snack</b>	Bagels, Cream Cheese, Fruit	Waffles, maple syrup, fruit and milk	Yogurt, home made granola, and fruit	Oatmeal, milk and fruit	Cereal, fruit and milk
<b>lunch</b>	Baked Tofu, Vegetable, Fruit and Milk	Pasta with meat sauce, parmesan cheese, veggies, fruit and milk	Organic mac and cheese, veggies, fruit and milk	Chili,Cornbread veggies, fruit and milk	Chicken salad, whole grain crackers, veggies, fruit and milk
<b>pm snack</b>	Smoothies( fruit& yogurt) and crackers	Hummus, pita triangles and cucumbers	Rice Rolls, string cheese and vegaies	Smoothies( fruit& yogurt) and crackers	Fig bars, fruit, and milk