



APRIL 8-11 *EASTER READING WEEK* @ ES LIBRARY

April 8<sup>th</sup>– April 12<sup>th</sup> (Menu is subject to change upon availability of produce)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Cornmeal</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of Wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• Cornstarch</li> </ul>	<ul style="list-style-type: none"> <li>• French Toast</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• 4onz Seasonal Fresh Fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• 4onz Seasonal Fresh Fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• 4onz Seasonal Fresh Fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• 4onz Seasonal Fresh Fruits</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Smoothies</li> <li>• Milk</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Chicken Tender \Turkey slices</li> <li>• White Rice</li> <li>• Pink Beans w/Pumpkin</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Boneless Ribs</li> <li>• Mashed Potato</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Chicken Cordon Bleu</li> <li>• White Rice w\Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Bolognese</li> <li>• Spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Sticks</li> <li>• White Rice</li> <li>• White Beans w\Pumpkin</li> </ul>

Carbs (rice, potato, pasta etc.) portion consists of 1/3 cup cooked  
 beans or vegetables portion consists of 1/3 cup cooked  
 Protein is 3onz raw which becomes 2onz cooked=1/4 cup cooked

Carbohidratos (arroz, papa, pasta etc.) debe ser una porción de 1/3 taza ya cocido  
 Granos y Vegetales debe ser una porción de 1/3 taza ya cocida  
 Proteína es 3onz. crudas que se convierte en 2 onz= 1/4 taza cocida