

HEALTHIER KANSAS BREAKFAST & LUNCH MENUS
WEEK # 4 - LAKEMARY CENTER
April 16 thru 22, 2107

Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
Breakfast Whole Grain Waffles w/syrup Fresh Grapes Fruit Juice Choice Milk Choice	Whole Grain Cereal String Cheese Fresh Orange Fruit Juice Choice Milk Choice	Pancake on a Stick Fruit Cocktail Fruit Juice Choice Milk Choice	Biscuit & Gravy Fresh Banana Fruit Juice Choice Milk Choice	Sausage Breakfast Sandwich Pineapple Tidbits Fruit Juice Choice Milk Choice	Whole Grain Muffin Tropical Fruit Fruit Juice Choice Milk Choice	Whole Grain Cereal Yogurt Cup Apricots Fruit Juice Choice Milk Choice
Lunch Country Style Beef Patties Mashed Potatoes & Gravy Steamed Broccoli Roll & Jelly Mandarin Oranges Fruit Choice Fresh Milk Choice	Pig in a Blanket Roasted Red Potatoes Broccoli w/cheese Fresh Apple Slices Fruit Choice Canned Milk Choice	Chicken Wrap Romaine Lettuce & Tomato Spanish Brown Rice Zucchini & Tomatoes Tropical Fruit Oatmeal Cookie Fruit Choice Canned Milk Choice	Spaghetti & meat sauce Garden Salad Green Beans Mandarin Oranges Garlic Bread Fruit Choice Fresh Milk Choice	Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Cinnamon Puff Fresh Fruit Fruit Choice Canned Milk Choice	No School Chicken & Noodles Mashed Potatoes Fresh Baby Carrots Whole Wheat Roll & Honey Fresh Grapes Fruit Choice Fresh Milk Choice	Super Nachos Refried Beans Southwestern Lentils Fresh Mixed Fruit Cup Fruit Choice Canned Milk Choice
Supper Pork Fritter on Bun Chips Lettuce Salad Pears Cookie Milk PM Snack/ Fresh Fruit	Pepperoni Pizza Buttered Corn Mixed Fruit Giant Grahams Milk PM Snack/ Bananas	Cold Cut Sandwiches Pork & Beans Chips Fruit Cup Milk PM Snack / Peanut Butter & Crackers & juice	Chicken Pattie Peas Diced Pears Animal Crackers Bread & margarine Milk PM Snack/ Fresh Fruit	Hamburgers on Bun Chips Mixed Vegetables Pineapple Tidbits Milk PM Snack/ Vanilla Wafers & juice	Beef Fingers Celery & Carrots Fruit Cocktail Bread & margarine Milk PM Snack / Graham Crackers & juice	Grilled Chicken Pattie Green Beans Chilled Peaches Graham Crackers Bread & margarine Milk PM Snack - Frozen Treats

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