



#### Allergens & Dietary Information

**B=Beef D=Diary E=Eggs**  
**S=Sov W=Wheat**



**April is National Garden Month.** Consider planting some seeds at home. You can start your seeds indoors in a small container (an empty cereal bowl from school would work well) and move them outside to a patio or garden plot when the weather allows.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Waffle  
 Turkey Sausage  
 Applesauce  
**DESW**

11

Sloppy Joe om whole  
 Wheat bun  
 Carrots  
 Fruit Cocktail  
**BDSW**

12

Macaroni & Cheese  
 Mixed Vegetables  
 Pears  
**DESW**

13

Chicken Fajitas w/ Flour  
 Tortilla  
 Black Beans  
 Mandarin Oranges  
**SW**

14

Chicken Patty sandwich  
 On whole wheat bun  
 Sweet Potato Tots  
 Pineapple  
**DESW**

15



18

19

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