

**Champlain Islands Parent Child Center Monthly Menu**

**April 2017**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>3  <b>B:</b> English Muffins, Grapes, Milk  <b>L:</b> Sloppy Joes w/ buns, Tossed Salad, Watermelon, Milk  <b>S:</b> Banana &amp; Soynut wrap</p>	<p>4  <b>B:</b> Bagels, Oranges, Milk  <b>L:</b> Chili, Biscuits, Peaches, Corn, Milk  <b>S:</b> Veggie sticks and Crackers</p>	<p>5  <b>B:</b> Oatmeal, Berries, Milk  <b>L:</b> Turkey &amp; Cheese sandwiches, Kiwi, and Carrots, Milk  <b>S:</b> Cheese &amp; Crackers</p>	<p>6  <b>B:</b> Pancakes, Blueberries, Milk  <b>L:</b> Ham/Squash bake, dinner rolls, apples, milk  <b>S:</b> Yogurt &amp; Pineapples</p>	<p>7  <b>B:</b> Cheerios, bananas, milk  <b>L:</b> English muffin pizzas, peaches, peas, milk  <b>S:</b> Cheese quesadillas</p>
<p>10  <b>B:</b> Banana muffin, apples, milk  <b>L:</b> Spaghetti w/ meat sauce, Caesar salad, apples, milk  <b>S:</b> Oatmeal cookies, watermelon</p>	<p>11  <b>B:</b> Egg &amp; Cheese wraps, oranges, milk  <b>L:</b> Teriyaki chicken, rice, carrots, pineapple, milk  <b>S:</b> Cheese-Itz, Kiwi</p>	<p>12  <b>B:</b> French Toast, Honeydew, milk  <b>L:</b> Turkey &amp; Cheese panini, carrot sticks, apples, milk  <b>S:</b> Goldfish, Fruit</p>	<p>13  <b>B:</b> Cheerios, Bananas, milk  <b>L:</b> Grilled ham &amp; Cheese, HM Tomato soup, broccoli trees, milk  <b>S:</b> Fruit &amp; Yogurt smoothies</p>	<p>14  <b>B:</b> Oatmeal, berries, milk  <b>L:</b> Meatloaf, Biscuits, roasted potatoes, applesauce, milk  <b>S:</b> Cinnamon pita chips, fruit salad</p>
<p>17  <b>B:</b> Blueberry muffins, oranges  <b>L:</b> Goulash w/ meat sauce, green beans, grapes, milk  <b>S:</b> Fruit w/ yogurt</p>	<p>18  <b>B:</b> Oatmeal, berries, milk  <b>L:</b> Pulled BBQ chicken sandwiches, coleslaw, watermelon, milk  <b>S:</b> Biscuits, strawberries</p>	<p>19  <b>B:</b> Toast, Apples, Milk  <b>L:</b> Ham steak, potatoes, Melon, pancakes, milk  <b>S:</b> Breadsticks, Veggies</p>	<p>20  <b>B:</b> Bagels, Oranges, milk  <b>L:</b> Meatballs hoagies, mixed veggies, kiwi, milk  <b>S:</b> Banana &amp; Soynut wraps</p>	<p>21  <b>B:</b> Cheerios, bananas, milk  <b>L:</b> Chicken alfredo, cauliflower, pears, milk  <b>S:</b> Crackers, Cheese</p>
<p>24  <b>B:</b> Banana bread, apples, milk  <b>L:</b> Mac &amp; Cheese, w/ ham, broccoli, oranges, milk  <b>S:</b> Cheese, Apples</p>	<p>25  <b>B:</b> Pancakes, Blueberries, milk  <b>L:</b> Soft beef tacos, peaches, corn, milk  <b>S:</b> Celery w/ cream cheese, crackers</p>	<p>26  <b>B:</b> English muffin, grapes, milk  <b>L:</b> Sloppy joes, apples, mixed veggies, milk  <b>S:</b> Ritz and cucumbers</p>	<p>27  <b>B:</b> Oatmeal, berries, milk  <b>L:</b> BBQ chicken, noodles, peas, cantaloupe, milk  <b>S:</b> Cheese quesadillas</p>	<p>28  <b>B:</b> Cheerios, bananas, milk  <b>L:</b> Ham/Cheese wraps, cucumbers, strawberries, milk  <b>S:</b> Crackers, fruit</p>

This institution is an equal opportunity provider. All menu items are homemade and subject to change.