


Friendship House of Crystal Lake April 2019 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
1 English Muffin Orange Slices Milk	2 Cereal Apple Slices Milk	3 Waffles Pears Milk	4 Banana Bread Mini Loaf w/ butter Banana Milk	5 Scrambled Eggs Hash Browns Milk
8 Bagel Strawberry Cream Orange Slices Milk	9 Cereal Apple Slices Milk	10 Pancakes Pears Milk	11 Yogurt Granola Cheese Banana Milk	12 French Toast Peaches Milk
15 Breakfast Quesadilla Orange Slices Milk	16 Cereal Apple Slices Milk	17 Waffles Pears Milk	18 Apple Cinnamon Muffin Banana Milk	19 Homestyle Biscuit w/ Cinnamon Butter Peaches Milk
22 Bagel & Strawberry Cream Cheese Orange Slices Milk	23 Cereal Apple Slices Milk	24 Pancakes Pears Milk	25 Yogurt Granola Banana Milk	26 French Toast Peaches Milk
29 English Muffin Orange Slices Milk	30 Cereal Apple Slices Milk			

Infants 12month-Toddlers 24month whole Whole Milk - Children older than 24 months offered 1% milk

Friendship House of Crystal Lake April 2019 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
1 Meatball Sandwich Tropical Mixed Fruit Peas Carrots Milk	2 Bologna & Cheese Sandwich Chicken Noodle Soup Orange Slices, Broccoli, Cauliflower, Milk	3 Chicken on a Bun Mashed Potatoes Corn on the Cob Pears Milk	4 Rotini & Meat Sauce Garlic Bread Pineapple Green Beans Green Salad Milk	5 Tuna Sandwich Apple Slices Peas Cucumber Slices Milk
8 Cheese Quesadilla Peas Carrots Tropical Fruit Milk	9 Turkey & Cheese Sandwich Veggie Noodle Soup Orange Slices, Broccoli, Cauliflower, Milk	10 Hot Dog on a Whole Wheat Bun Cream Corn Waffle Fries Pears Milk	11 Chicken Alfredo Green Salad Green Beans Mandarin Oranges Milk	12 Fish Stick Buttered Rice Apple Slices Peas Cucumber Slices Milk
15 Turkey Cheeseburger Mac Tropical Mixed Fruit Peas Carrots Milk	16 Ham & Cheese Sandwich Chicken Rice Soup Orange Slices, Broccoli, Cauliflower, Milk	17 Sloppy Jo on a Whole Wheat Bun Sweet Potato Fries Cream Corn Pears Milk	18 Cheese Pizza Green Salad Green Beans Mandarin Oranges Milk	19 Cheese Tortellini w/ Red Sauce Apple Slices Peas Cucumber Slices Milk
22 Chicken Fajita with Red & Green Peppers Soft Flour Tortilla Carrot Sticks Tropical Mixed Fruit Milk	23 Turkey & Cheese Sandwich Chicken Noodle Soup Orange Slices, Broccoli, Cauliflower, Milk	24 Burger on a Whole Wheat Bun Pork and Beans Corn on the Cob Pears Milk	25 Buttered Pasta w/ Broccoli & Parmesan Cottage Cheese Green Salad Mandarin Oranges Milk	26 Fish Treats Buttered Rice Apple Slices Peas Cucumber Slices Milk
29 Grilled Chicken Strips Green Salad Cucumber Tropical Mixed Fruit Garlic Bread Milk	30 Chicken & Cheese Sandwich Veggie Noodle Soup Orange Slices, Broccoli, Cauliflower, Milk			

Infants 12month-Toddlers 24month Whole Milk - Children older than 24 months offered 1%


Friendship House of Crystal Lake April 2019

Infant, Toddler, 2 year old Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
1 Meatball Sandwich Tropical Mixed Fruit Carrots Milk	2 Bologna & Cheese Sandwich Chicken Noodle Soup Orange Slices, Broccoli, Milk	3 BBQ Chicken on a Bun Mashed Sweet Potatoes Pears, Milk	4 Rotini & Meat Sauce Garlic Bread Pineapple Green Beans Milk	5 Tuna Sandwich Apple Slices Peas Milk
8 Cheese Quesadilla Peas Tropical Fruit Milk	9 Turkey & Cheese Sandwich Veggie Noodle Soup Orange Slices, Broccoli Milk	10 Burger on a Bun Cream Corn Pears Milk	11 Chicken Alfredo Green Beans Mandarin Oranges Milk	12 Fish Stick Buttered Rice Peas Apple Slices Milk
15 Turkey Cheeseburger Mac Tropical Mixed Fruit Peas Milk	16 Ham & Cheese Sandwich Chicken Rice Soup Orange Slices, Broccoli Milk	17 Sloppy Jo on a Whole Wheat Bun Sweet Potato Fries Pears Milk	18 Cheese Pizza Green Beans Mandarin Oranges Milk	19 Cheese Tortellini w/ Red Sauce Peas Apple Slices Milk
22 Chicken Fajita with Red & Green Peppers Soft Flour Tortilla Carrots Tropical Mixed Fruit Milk	23 Turkey & Cheese Sandwich Chicken Noodle Soup Orange Slices, Broccoli Milk	24 Burger on a Whole Wheat Bun Pork and Beans Pears Milk	25 Buttered Pasta w/ Broccoli & Parmesan Cottage Cheese Green Beans Mandarin Oranges Milk	26 Fish Treats Buttered Rice Peas Apple Slices Milk
29 Grilled Chicken Strips Cucumber slices Tropical Mixed Fruit Garlic Bread Milk	30 Chicken & Cheese Sandwich Veggie Noodle Soup Orange Slices, Broccoli, Milk			

Infants 12month-Toddlers 24month Whole Milk - Children older than 24 months offered 1% milk

Friendship House of Crystal Lake April 2019 Snack Menu

MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday
1 <u>AM</u> Granola Milk <u>PM</u> String Cheese Ritz	2 <u>AM</u> Mini Bagel & Jelly Milk <u>PM</u> Cottage Cheese Pineapple Water	3 <u>AM</u> Strawberries Milk <u>PM</u> Hard Boiled Egg Pretzel Sticks	4 <u>AM</u> Apple Slices & Cheese Water <u>PM</u> Tropical Fruit Mix Yogurt	5 <u>AM</u> Ritz Strawberry Cream Chees <u>PM</u> Carrot Sticks Veggie Cream Cheese
8 <u>AM</u> Apple cinnamon O's Milk <u>PM</u> Cinnamon Apple Sauce, Granola Water	9 <u>AM</u> Jelly on Slice of Bread Milk <u>PM</u> Cucumber Slices Pita Cucumber Sauce	10 <u>AM</u> Granola Milk <u>PM</u> Apple Slices w/ Strawberry Cream Cheese	11 <u>AM</u> Banana Granola <u>PM</u> Pretzel Sticks Cheese Slice	12 <u>AM</u> Orange Slices Milk <u>PM</u> Wheat Cracker Slice of Cheese Slice of Turkey
15 <u>AM</u> Granola Milk <u>PM</u> String Cheese Ritz	16 <u>AM</u> Mini Bagel & Jelly Milk <u>PM</u> Cottage Cheese Peaches Water	17 <u>AM</u> Strawberries Milk <u>PM</u> Hard Boiled Egg Pretzel sticks	18 <u>AM</u> Apple Slices & Cheese Water <u>PM</u> Tropical Fruit Mix Yogurt	19 <u>AM</u> Ritz Strawberry Cream Cheese <u>PM</u> Carrot Sticks Veggie Cream Cheese
22 <u>AM</u> Apple Cinnamon O's Milk <u>PM</u> Cinnamon Apple Sauce, Granola Water	23 <u>AM</u> Jelly on Slice of Bread Milk <u>PM</u> Cucumber Slices Pita Cucumber Sauce	24 <u>AM</u> Granola Milk <u>PM</u> Apple Slices w/ Strawberry Cream Cheese	25 <u>AM</u> Banana Granola <u>PM</u> Pretzel Sticks Cheese Slice	26 <u>AM</u> Orange Slices Milk <u>PM</u> Wheat Cracker Slice of Cheese Slice of Turkey
29 <u>AM</u> Granola Milk <u>PM</u> String Cheese Ritz	30 <u>AM</u> Mini Bagel & Jelly Milk <u>PM</u> Cottage Cheese Pears Water			

Infants 12month-Toddlers 24month Whole Milk - Children older than 24 months offered 1% milk