

**HES Early Childhood Lunch Menu
APRIL 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread Fresh Fruit</p>	<p>6. 100% Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit</p>	<p>7. 1% Milk Potato Knish Hard Boiled Eggs Cucumber Slices Fresh Fruit</p>	<p>8. 100 % Apple Juice Hamburgers Whole Wheat buns Baked French Fries Cole Slaw Fresh fruit</p>	<p>9. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit</p>
<p>12. 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread Fresh Fruit</p>	<p>13. 100 % Apple Juice Roasted Baked Chicken Couscous Carrots Fresh fruit</p>	<p>14. 1% Milk Baked Ziti (plain pasta available) Hard Boiled Eggs Cucumber Slices Fresh Fruit</p>	<p>15. 100% Apple Juice Baked Chicken Nuggets Mashed Potato Green Peppers Fresh fruit</p>	<p>16. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit</p>
<p>19. 1% Milk Macaroni & Cheese Hard boiled eggs whole wheat bread Cucumber Slices</p>	<p>20. 100% Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit</p>	<p>21. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread Fresh Fruit</p>	<p>22. 100% Apple Juice Turkey Meatballs Spaghetti Cucumber Slices Fresh fruit</p>	<p>23. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit</p>
<p>26. 1% Milk Potato Knish Hard Boiled Eggs Cucumber Slices Fresh Fruit</p>	<p>27. 100% Apple Juice Grilled Chicken Cutlets Whole Wheat Bread Couscous Chopped Salad Fresh fruit</p>	<p>28. 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread Fresh Fruit</p>	<p>29. 100% Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit</p>	<p>30. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit</p>

--	--	--	--	--