



Institute of Community Service

April 2024 Menu

Hours of Operation:

Monday – Friday

8:00 a.m. – 3:00 p.m.

\*\*MENU SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Week 1:</b> Apr 1<sup>st</sup> - Apr 6<sup>th</sup></p> 		<p><b><u>TACO TUESDAY</u></b>  <b><u>Breakfast</u></b>            Oatmeal            Blueberries            1% low fat milk  <b><u>Lunch</u></b>            Beef Tacos            Mexican corn            Cubed Mango            WG Tortilla Wrap            1% low fat Milk  <b><u>Snack</u></b>            Cheez- its            Applesauce</p>	<p><b><u>Breakfast</u></b>            Rice Krispies            Orange Wedges            1% low fat Milk  <b><u>Lunch</u></b>            Turkey Sandwich            Broccoli            Pineapple tidbits            WG Bread            1% low fat Milk  <b><u>Snack</u></b>            Yogurt            Crackers</p>	<p><b><u>Breakfast</u></b>            Cheese Grits            Apricots            1% low fat Milk  <b><u>Lunch</u></b>            Oven Fried Chicken            Steamed Cabbage            Peaches            Cornbread            1% Low fat Milk  <b><u>Snack</u></b>            Chex Mix            Apple Juice</p>	<p><b><u>Breakfast</u></b>            WG Toast            Banana            1% low fat Milk  <b><u>Lunch</u></b>            Chicken salad            Peas and Carrots            Mandarin Oranges            WG Crackers            1% low fat milk  <b><u>Snack</u></b>            Sliced Cucumber            w/ Dressing            Grape Juice</p>
<p><b>Week 2:</b> April 8<sup>th</sup>- April 12<sup>th</sup></p> 	<p><b><u>Meatless Monday</u></b>  <b><u>Breakfast</u></b>            Oatmeal            Pineapple Tidbits            1% low fat milk  <b><u>Lunch</u></b>            Grilled Cheese            Sandwich            Mixed Vegetables            Pears            1% low fat Milk  <b><u>Snack</u></b>            Orange Juice            Cheez-its</p>	<p><b><u>Breakfast</u></b>            Grits            Mixed Fruit            1% low fat milk  <b><u>Lunch</u></b>            Chicken Spaghetti            Peaches            Green Peas            WG Bread            1% low fat Milk  <b><u>Snack</u></b>            Chex Mix            Grape Juice</p>	<p><b><u>Breakfast</u></b>            WG French Toast            Blueberries            1% low fat milk  <b><u>Lunch</u></b>            Chef Salad            Diced Ham            Apricots            WG Cracker            1% low fat Milk  <b><u>Snack</u></b>            Mangos            Goldfish Cracker</p>	<p><b><u>Breakfast</u></b>            WG Cereal            Banana            1% low fat milk  <b><u>Lunch</u></b>            Beef Patty w/ Gravy            Brown Rice            Green Beans            Orange Slices            1% low Fat Milk  <b><u>Snacks</u></b>            Apple Juice            Raisin Bread</p>	<p><b><u>Breakfast</u></b>            WG Pancakes            Mixed Fruit            1% low fat milk  <b><u>Lunch</u></b>            Sloppy Joe            Cole Slaw            Tropical Fruit            WW Bun            1% low fat milk  <b><u>Snack</u></b>            Graham Cracker            Yogurt</p>

**Head Start**

**Early Head Start**

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 ½ cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt. 1% low fat  
 Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
 1.5 oz. Meat or Alternate  
 ¼ c. fruit  
 ¼ c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack:**  
**Time Served**  
**2:00 pm -2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or Alternate  
 ½ cup of Fruit or Fruit  
 Juice  
 ½ c. Vegetable  
 ½ oz Grains  
 Milk or Dairy

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
 ¼ cup Vegetables,  
 Fruit, Or Both  
 ½ oz Grains  
 ½ pt 1% low fat Milk  
 Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
 1 oz. Meat or Alternate  
 1/8 c. fruit  
 1/8 c. vegetables  
 (2 diff vegetables or  
 1 vegetable and 1 fruit)  
 ½ oz bread/Grains  
 ½ pt. 1% Fat Free Milk  
 Other Foods

**Snack: Time Served**  
**2:00 pm-2:15 pm**  
 (Two of the Five)  
 ½ oz. Meat or  
 Alternate  
 1/2 c of Fruit or Fruit  
 Juice  
 1/2 c. Vegetable  
 ½ oz Grains  
 Milk or Dairy

# APRIL

## Institute of Community Service



### April 2024 Menu

#### Hours of Operation:

Monday – Friday

8:00 a.m. – 3:00 p.m.

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	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Week 3:</b> <b>April</b> <b>15<sup>th</sup>-19<sup>th</sup></b></p> 	<p><b><u>Meatless Monday</u></b> <b><u>Breakfast</u></b> WG Cereal Orange Wedges 1% Low Fat Milk <b><u>Lunch</u></b> Broccoli Rice &amp; Cheese Casserole WG Bread Fruit cocktail 1% low fat Milk <b><u>Snack</u></b> Yogurt Sliced Apples</p>	<p><b><u>TACO TUESDAY</u></b> <b><u>Breakfast</u></b> Oatmeal Blueberries 1% Low Fat Milk <b><u>Lunch</u></b> Chicken Tacos Mexican corn Apricots WG Tortilla 1% low fat milk <b><u>Snack</u></b> Graham Cracker</p>	<p><b><u>Breakfast</u></b> Cheese toast Diced Pears 1% Low Fat Milk <b><u>Lunch</u></b> Meatloaf Mashed Potatoes Green Beans WG Roll 1% low fat milk <b><u>Snack</u></b> Cheez-its White Grape Juice</p>	<p><b><u>Breakfast</u></b> WG Waffles Banana 1% Low Fat Milk <b><u>Lunch</u></b> Sliced Ham Steamed Cabbage Apple Slices Cornbread 1% low fat Milk <b><u>Snacks</u></b> Turkey Wrap</p>	<p><b><u>Breakfast</u></b> Grits Sliced Kiwi 1% Low Fat Milk <b><u>Lunch</u></b> Chicken tenders Mixed Vegetables Peaches WG Bread 1% low fat Milk <b><u>Snack</u></b> Chex Mix String cheese</p>
<p><b>Week 4:</b> <b>April</b> <b>22<sup>nd</sup> -26<sup>th</sup></b></p> 	<p><b><u>Breakfast</u></b> WG cinnamon Toast Peaches 1% low fat milk <b><u>Lunch</u></b> Diced Chicken Salad mix Apricots WG Crackers 1% low fat milk <b><u>Snack</u></b> Mango Yogurt</p>	<p><b><u>Breakfast</u></b> Grits Sliced Apples 1% low fat milk <b><u>Lunch</u></b> WG Spaghetti w/ Meat Sauce Green Peas Diced Pears 1% low fat milk <b><u>Snack</u></b> Melon Slices Cheez-its</p>	<p><b><u>Breakfast</u></b> WG French Toast Pineapple tidbits 1% low fat Milk <b><u>Lunch</u></b> BBQ Pork Patty Collard Greens Sweet Potatoes Cornbread 1% low fat milk <b><u>Snack</u></b> Graham Cracker Orange Juice</p>	<p><b><u>Breakfast</u></b> WG Cereal Banana 1% low fat Milk <b><u>Lunch</u></b> Beef Patty w/ Gravy Mixed Fruit Mixed vegetables Brown Rice 1% low fat milk <b><u>Snack</u></b> Gold Fish Crackers Grape Juice</p>	<p><b><u>Breakfast</u></b> WG Pancakes Applesauce 1% low fat Milk <b><u>Lunch</u></b> Baked Ham Mashed Potatoes Green Beans WG Bread 1% low fat Milk <b><u>Snack</u></b> Chex Mix Apple Juice</p>

## Head Start

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
½ cup  
Vegetables, Fruit  
Or Both  
½ oz Grains  
6 fl.oz 1% low  
fat Milk

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
1.5 oz. Meat or Alternate  
¼ c. fruit  
¼ c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
6 fl. 1% or Fat Free Milk  
Other Foods

**Snack:**  
**Time Served**  
**2:00 pm -2:15 pm**  
(Two of the Five)  
½ oz Meat or Alternate  
½ cup of Fruit or Fruit  
Juice  
½ c. Vegetable  
½ oz Grains  
4 fl. Milk or Dairy

## Early Head Start

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
1/4 cup Vegetables,  
Fruit, Or Both  
½ oz Grains  
½ cup 1% Whole Milk  
Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
1 oz. Meat or Alternate  
1/8 c. fruit  
1/8 c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
4 fl. oz 1% Whole Milk  
Other Foods

**Snack: Time Served**  
**2:00 pm-2:15 pm**  
(Two of the Five)  
1/2 oz. Meat or  
Alternate  
1/2 c of Fruit or Fruit  
Juice  
1/2 c. Vegetable  
½ oz Grains  
Whole Milk or Dairy