



# Palcare — April 2014

MON	TUE	WED	THU	FRI
	1 <b>Breakfast</b> House Baked Banana Blueberry Bread & Seasonal Fruit <b>Lunch</b> Scrambled Eggs, Bacon, Baked Tater Tots, Veggies & Seasonal Fruit <b>PM Snack</b> Strawberry Yogurt with Nut Free Granola	2 <b>Breakfast</b> Mini Bagels & Seasonal Fruit <b>Lunch</b> Niman Ranch Hamburger on Wheat Bun with Lettuce, Tomato, Pickles and Seasonal Fruit <b>PM Snack</b> Apple Sauce & Cheddar Gold Fish	3 <b>Breakfast</b> French Toast Sticks & Seasonal Fruit <b>Lunch</b> Chicken Taquitos with Rice, Black Beans, Sautéed Peppers & Seasonal Fruit <b>PM Snack</b> Soft Pretzel with Mustard or Cheese Dipping Sauce	4 <b>Breakfast</b> Mini Whole Wheat Tortilla Breakfast Burrito & Seasonal Fruit <b>Lunch</b> Creamy Potato, Broccoli & Cheddar Soup with Seasonal Fruit <b>PM Snack</b> Carrot Sticks with Ranch Dipping Sauce
7 <b>Breakfast</b> Whole Grain Cereal & Milk Seasonal Fruit <b>Lunch</b> Spaghetti with Organic Marinara Sauce and Seasonal Veggies & Fruit <b>PM Snack</b> Wheat Thins & Mozzarella String Cheese	8 <b>Breakfast</b> House Baked Apple Cinnamon, or Blueberry Muffin & Seasonal Fruit <b>Lunch</b> Mandarin Orange Drumsticks with Jasmine Rice and Seasonal Veggies & Fruit <b>PM Snack</b> Falafel Bites and Greek Yogurt	9 <b>Breakfast</b> Mini Bagels Seasonal Fruit <b>Lunch</b> Grilled Chicken Sandwich on Wheat Bun with Lettuce, Tomato, Pickles and Seasonal Fruit <b>PM Snack</b> Cottage Cheese & Baked Veggie Straw Chips	10 <b>Breakfast</b> Pancake Bites & Seasonal Fruit <b>Lunch</b> Baked Chicken Tenders with Mashed Potatoes, Carrot Coins and Seasonal Fruit <b>PM Snack</b> Wheat Pita Triangles & Classic Hummus	11 <b>Breakfast</b> Mini Whole Wheat Tortilla Breakfast Burrito & Seasonal Fruit <b>Lunch</b> Classic Minestrone Soup with Seasonal Fruit <b>PM Snack</b> Carrot Sticks with Ranch Dipping Sauce
14 <b>Breakfast</b> Whole Grain Cereal & Milk Seasonal Fruit <b>Lunch</b> BBQ Turkey Burger on a Wheat Bun with House Made Coleslaw & Seasonal Fruit <b>PM Snack</b> Wheat Mini Pretzels & Cheddar Cubes	15 <b>Breakfast</b> House Baked Banana Blueberry Bread & Seasonal Fruit <b>Lunch</b> Gemelli Pasta with Niman Beef Sauce, Veggies & Seasonal Fruit <b>PM Snack</b> Strawberry Yogurt with Nut Free Granola	16 <b>Breakfast</b> Mini Bagels Seasonal Fruit <b>Lunch</b> Chicken & Vegetable Fried Rice with Asian Veggie & Seasonal Fruit <b>PM Snack</b> Apple Sauce & Cheddar Gold Fish	17 <b>Breakfast</b> French Toast Sticks & Seasonal Fruit <b>Lunch</b> Grilled Cheese on Sliced Wheat with Garden Salad and Seasonal Fruit <b>PM Snack</b> Soft Pretzel with Mustard or Cheese Dipping Sauce	18 <b>Breakfast</b> Mini Whole Wheat Tortilla Breakfast Burrito & Seasonal Fruit <b>Lunch</b> Gourmet Cheese Pizza with Seasonal Veggies & Fruit <b>PM Snack</b> Carrot Sticks with Ranch Dipping Sauce
21 <b>Breakfast</b> Whole Grain Cereal & Milk Seasonal Fruit <b>Lunch</b> Tornado Twist Pasta with Light Butter and Parmesan and Seasonal Veggies/Fruit <b>PM Snack</b> Wheat Thins & Mozzarella String Cheese	22 <b>Breakfast</b> House Baked Apple Cinnamon, or Blueberry Muffin & Seasonal Fruit <b>Lunch</b> Grilled Chicken Fajita Rice Bowl with Veggies & Seasonal Fruit <b>PM Snack</b> Falafel Bites and Greek Yogurt	23 <b>Breakfast</b> Mini Bagels Seasonal Fruit <b>Lunch</b> Guacamole Taco Salad with Corn, Black Beans, Tomatoes, Corn Chips, Salsa & Seasonal Fruit <b>PM Snack</b> Cottage Cheese & Baked Veggie Straw Chips	24 <b>Breakfast</b> Pancake Bites & Seasonal Fruit <b>Lunch</b> Chef's Famous Turkey Meatloaf with Carrots Seasonal Fruit <b>PM Snack</b> Wheat Pita Triangles & Classic Hummus	25 <b>Breakfast</b> Mini Whole Wheat Tortilla Breakfast Burrito & Seasonal Fruit <b>Lunch</b> Vegetarian Three Bean Chili with Seasonal Fruit <b>PM Snack</b> Carrot Sticks with Ranch Dipping Sauce
28 <b>Breakfast</b> Whole Grain Cereal & Milk Seasonal Fruit <b>Lunch</b> Penne Pasta with Niman Beef Sauce and Seasonal Veggies/Fruit <b>PM Snack</b> Wheat Mini Pretzels & Cheddar Cubes	29 <b>Breakfast</b> House Baked Banana Blueberry Bread & Seasonal Fruit <b>Lunch</b> Wheat Chow Mein with Grilled Chicken & Asian Veggies <b>PM Snack</b> Strawberry Yogurt with Nut Free Granola	30 <b>Breakfast</b> Mini Bagels Seasonal Fruit <b>Lunch</b> Niman Ranch Hamburger on Wheat Bun with Lettuce, Tomato, Pickles and Seasonal Fruit <b>PM Snack</b> Apple Sauce & Cheddar Gold Fish	Most Entrees Cooked from Scratch Organic Produce Served when Possible, Conventional Produce Follows the "Shoppers Guide to Pesticides" Methodology to Reduce Potential Pesticide Exposures up to 92%  We Feature Humanely Raised Meats Milk is Hormone & Antibiotic Free Snack Rotation Subject to Change	
				Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C <2 yr Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg & Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup <2 yr PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C