School Name:





School N	ame):								FreshStart	
Grades: K - 8	April 2024 Master Menu 🤏 🎏								P Choose	Last Updated: 11/07/2023 At 11:11 am	
Week 1	Red & Orange			Dark Green		Beans & Peas		Starchy MATIGNAL		Other Veggies	
Options		4/1/2024		4/2/2024		4/3/2024		4/4/2024		4/5/2024	
Breakfast		Coffee Cinnamon Crumble	250	Sausage English Muffin	250	Banana Muffin		Pancakes (2) Cinnamon Toast Crunch & WG	270	Mexican Concha	
Breakfast		Bagel & Jelly		Multi Grain Cheerios & WG Crackers		Sunbutter & Jelly Sandwich	270	Crackers		Bagel & Jelly	
Hot Meal				Poblano Green Chicken Pasta w/steamed broccoli & carrots (1c)			1	Chicken Tinga Burrito w/whole kernel corn (1/2c)	250	Honey BBQ Wings w/dinner roll & carrot sticks (3/4c)	
11-4-141		N- O-bI	050	Orange Chicken Bowl w/brown rice				Sloppy Joe on a HB Bun WWhole		Creamy Tuscan Chicken Pasta	
Hot Meal		No School	250	(3/4c) & steamed broccoli & carrots			L	kernel corn (3/4c)		w/peas & carrots (1c)	
Hot Vegetarian				Poblano Green Cheese Pasta w/steamed broccoli & carrots (1c)			250	Bean & Cheese Burrito w/whole kernel corn (1/2c)		Creamy Tuscan Cheese Pasta w/peas & carrots (1c)	
Cold Meal		Turkey & Cheese Hoagie Sandwich		Creamy Basil Chicken Hoagie	250	Oriental Chicken Tortilla Wrap w/bbq		Ham and Cheese Bagel Sandwich		Roasted Pepper Chicken Hoagie	
Cold Mean		w/carrot sticks (3/4c) Asian Chicken Pasta Salad		Sandwich w/broccoli & carrots (1c) Chicken Pasta Primavera Salad	250	bean salad (1/2c) Cilantro Chicken Pasta Salad	·····	w/bbq corn salad (3/4c) Fiesta Chicken Pasta Salad		Sandwich w/carrot sticks (3/4c) Sweet Chili Chicken Pasta Salad	
Cold Vegetarian		Chipotle Cheese Pasta Salad		Bean & Cheese Torta w/broccoli &		Cajun Cheese Pasta Salad w/bbq		Bean & Cheese Torta w/bbq corn		Marinara Cheese Pasta Salad	
Cold Vegetalian		w/carrot sticks (3/4c) Caesar Chicken Salad with a Wheat		carrots (1c) Santa Fe Chicken Salad with a		bean salad (3/4c) Greek Chicken Salad with a Wheat		salad (3/4c) Chef Turkey & Ham Salad with a		w/carrot sticks (3/4c) Chinese Chicken Salad with a	
Daily Salad		Dinner Roll		Wheat Dinner Roll		Dinner Roll		Wheat Dinner Roll		Wheat Dinner Roll	
Snack		Scooby-Doo Crackers	100	Vanilla Muffin (S)	100	Chocolate Chex Mix	100	Goldfish Crackers	100	Oatmeal Cookie (S)	
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Week 2		Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies	
Options		4/8/2024		4/9/2024		4/10/2024		4/11/2024		4/12/2024	
Breakfast	250	Yogurt & Graham Crackers		Soyrizo Breakfast Burrito		Strawberry Muffin		Cinnamon French Toast	250	Vanilla Muffin	
Breakfast		Sunbutter & Jelly Sandwich	270	Lucky Charms & WG Crackers Spaghetti and Meatballs w/whole	250	Bagel & Jelly	270	Rice Chex & WG Crackers Chicken Alfredo Baked Ziti Bowl		Bagel & Jelly	
Hot Meal			250	kernel corn (1/2c)			250	w/steamed broccoli & carrots (1c)			
Hot Meal				Hamburger w/tater tots (3/4c)				Southwestern Chicken w/brown rice (3/4c) & steamed broccoli & carrots			
								(1c)			
Hot Vegetarian				Spaghetti & Cheese Marinara w/whole kernel corn (1/2c)				Cheesy Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)			
Cold Meal		BBQ Chicken Hoagie Sandwich		Turkey & Cheese Panini w/bbq corn		Cilantro Chicken Hoagie Sandwich		Caesar Chicken Tortilla Wrap	250	Ham and Cheese Hoagie Sandwich	
Cold Pastas	270	w/carrot sticks (3/4c) Asian Chicken Pasta Salad		salad (3/4c) Fiesta Chicken Pasta Salad	250	w/bbq bean salad (3/4c) Cilantro Chicken Pasta Salad	ſ	w/broccoli & carrots (1/2c) Chicken Pasta Primavera Salad	230	w/carrot sticks (3/4c) Sweet Chili Chicken Pasta Salad	
Cold Vegetarian		Parmesan Cheese Pasta Salad		Bean & Cheese Torta w/bbq corn	230	Chipotle Cheese Pasta Salad w/bbq		Bean & Cheese Torta w/broccoli &		Garlic Pesto Cheese Pasta Salad	
	ļ	w/carrot sticks (3/4c) Caesar Chicken Salad with a Wheat		salad (3/4c) Santa Fe Chicken Salad with a		bean salad (3/4c) Greek Chicken Salad with a Wheat		carrots (1c) Chef Turkey & Ham Salad with a		w/carrot sticks (3/4c) Chinese Chicken Salad with a	
Daily Salad		Dinner Roll		Wheat Dinner Roll		Dinner Roll	1	Wheat Dinner Roll		Wheat Dinner Roll	
Snack NOTES	100	Chocolate Chip Muffin (S)	100	Oatmeal Cookie (S)	100	Goldfish Pretzel	100	Scooby-Doo Crackers		Cereal Bar (S)	
E											
Week 3		Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies	
Options		4/15/2024		4/16/2024		4/17/2024		4/18/2024		4/19/2024	
Breakfast Breakfast	250	Coffee Cinnamon Crumble Bagel & Jelly	270	Breakfast Chilaquiles Multi Grain Cheerios & WG Crackers	250	Banana Muffin Sunbutter & Jelly Sandwich	270	Sausage English Muffin Coco Puffs & WG Crackers	270	Mexican Concha Bagel & Jelly	
Hot Meal		Bagei & Jelly	270	Three Cheese Mac & Cheese		Suributter & Jeny Sariuwich	250	Pizza Lasagna w/steamed broccoli &	250	Hawaiian Chicken w/brown rice	
not meai				w/peas & carrots (1c)			250	carrots (1c)	250	(3/4c) & steamed carrots (3/4c)	
Hot Meal			250	Orange Chicken Bowl w/brown rice (3/4c) & peas & carrots (1c)			1	Creamy Chicken Chipotle w/brown rice (3/4c) & steamed broccoli &		Turkey Hot Dog on a Bun w/carrot sticks (3/4c)	
				Three Cheese Mac & Cheese	ļ		·	carrots (1c)	ļi	Sticks (5/4c)	
Hot Vegetarian				w/peas & carrots (1c)			1	Vegetarian Lasagna w/steamed broccoli & carrots (1c)		Vegetable Fried Rice	
Cold Meal	250	Turkey & Cheese Bagel Sandwich w/carrot sticks (3/4c)		Roasted Pepper Chicken Hoagie Sandwich w/bbq corn salad (3/4c)		Caesar Chicken Tortilla Wrap w/bbq bean salad (1/2c)		Creamy Basil Chicken Hoagie Sandwich w/broccoli & carrots (1c)		Ham and Cheese Panini w/carrot sticks (3/4c)	
Cold Pastas		Asian Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Cilantro Chicken Pasta Salad	i	Chicken Pasta Primavera Salad		Sweet Chili Chicken Pasta Salad	
Cold Vegetarian		Marinara Cheese Pasta Salad		Bean & Cheese Torta w/bbq corn		Cajun Cheese Pasta Salad w/bbq	l	Bean & Cheese Torta w/broccoli &		Parmesan Cheese Pasta Salad	
		w/carrot sticks (3/4c) Caesar Chicken Salad with a Wheat		salad (3/4c) Santa Fe Chicken Salad with a		bean salad (3/4c) Greek Chicken Salad with a Wheat		carrots (1c) Chef Turkey & Ham Salad with a		w/carrot sticks (3/4c) Chinese Chicken Salad with a	
Daily Salad Snack	100	Dinner Roll	100	Wheat Dinner Roll	250 100	Dinner Roll Cheez-its	100	Wheat Dinner Roll Chocolate Chex Mix	100	Wheat Dinner Roll	
NOTES	100	Scooby-Doo Crackers	100	Strawberry Muffin (S)	100	: Crieez-its	100	Chocolate Chex Mix	100	Oatmeal Cookie (S)	
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Week 4		Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies	
Options Breakfast	270	4/22/2024 String Cheese & Graham Crackers		4/23/2024 Pancakes (2)	250	4/24/2024 Chocolate Chip Muffin		4/25/2024 Bean & Cheese Breakfast Burrito	250	4/26/2024 Blueberry Muffin	
Breakfast	210		270	Cinnamon Toast Crunch & WG	230	Bagel & Jelly	270		230	Bagel & Jelly	
Вгеактаят		Sunbutter & Jelly Sandwich	2/0	Crackers		Bagei & Jelly	270	Trix & WG Crackers Chicken Alfredo Baked Ziti Bowl		Bagei & Jelly	
Hot Meal				Chicken Parmesan Pasta w/whole kernel corn (1/2c)			1	w/steamed broccoli & carrots (1c)			
Hat Parel			250	Chicken Nuggets w/dinner roll &			250	Lemon Garlic Chicken w/brown rice			
Hot Meal			250	whole kernel com (3/4c)			250	(3/4c) & steamed broccoli & carrots (1c)			
Hot Vegetarian				Spaghetti & Cheese Marinara w/whole kernel corn (1/2c)				Cheesy Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)			
	252	Turkey & Cheese Hoagie Sandwich		Cilantro Chicken Hoagie Sandwich	250	Ham and Cheese Bagel Sandwich		Oriental Chicken Tortilla Wrap		BBQ Chicken Hoagie Sandwich	
Cold Meal	250	w/carrot sticks (3/4c)		w/bbq corn salad (3/4c)	250	w/bbq bean salad (3/4c)		w/broccoli & carrots (1/2c)		w/carrot sticks (3/4c)	
Cold Pastas		Asian Chicken Pasta Salad Garlic Pesto Cheese Pasta Salad		Fiesta Chicken Pasta Salad Bean & Cheese Torta w/bbq corn		Cilantro Chicken Pasta Salad Chipotle Cheese Pasta Salad w/bbq		Chicken Pasta Primavera Salad Bean & Cheese Torta w/broccoli &		Sweet Chili Chicken Pasta Salad Cajun Cheese Pasta Salad w/carrot	
Cold Vegetarian	ļ	w/carrot sticks (3/4c)		salad (3/4c)		bean salad (3/4c)		carrots (1c)		sticks (3/4c)	
Daily Salad		Caesar Chicken Salad with a Wheat Dinner Roll		Santa Fe Chicken Salad with a Wheat Dinner Roll		Greek Chicken Salad with a Wheat Dinner Roll		Chef Turkey & Ham Salad with a Wheat Dinner Roll	250	Chinese Chicken Salad with a Wheat Dinner Roll	
Snack	100	Banana Muffin (S)	100	Goldfish Pretzel	100	Cereal Bar (S)	100	Oatmeal Cookie (S)	100	Scooby-Doo Crackers	
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Week 5		Red & Orange		Starchy		Beans & Peas		Dark Green		Other Veggies	
Options		4/29/2024		4/30/2024		5/1/2024		5/2/2024		5/3/2024	
Breakfast	250	Coffee Cinnamon Crumble		Cheese Quesadilla	250	Vanilla Muffin		Maple Waffle Cinnamon Toast Crunch & WG	270	Mexican Concha	
Breakfast	L	Bagel & Jelly	270	Lucky Charms & WG Crackers		Sunbutter & Jelly Sandwich	270	Crackers		Bagel & Jelly	
Hot Meal				Chili Cheese Dog w/whole kernel				BBQ Chicken Mac & Cheese w/steamed broccoli & carrots (1c)		Hamburger w/carrot sticks (3/4c)	
				corn (3/4c) Mongolian Chicken Chow Mein Bowl				Orange Chicken Bowl w/brown rice		Bean & Cheese Burrito w/carrot	
Hot Meal			250	w/peas & carrots (3/4c)				(3/4c) steamed broccoli & carrots	250	sticks (1/2c)	
Hot Vegetarian				Green Cheese Enchiladas w/whole			250	(1c) Three Cheese Mac & Cheese		Black Bean Burger w/carrot sticks	
		Creamy Basil Chicken Hoagie		kernel corn (1/2c) Ham and Cheese Hoagie Sandwich		Torta de Tinga w/cilantro bean salad	230	w/steamed broccoli & carrots (1c) Turkey & Cheese Panini w/broccoli &		(3/4c) Roasted Pepper Chicken Hoagie	
Cold Meal		Sandwich w/carrot sticks (3/4c)		w/bbq corn salad (3/4c)		Torta de Tinga w/cilantro bean salad (3/4c)		carrots (1c)		Sandwich w/carrot sticks (3/4c)	
Cold Pastas		Asian Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Cilantro Chicken Pasta Salad		Chicken Pasta Primavera Salad		Sweet Chili Chicken Pasta Salad	
		Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)		Bean & Cheese Torta w/bbq corn salad (3/4c)		Marinara Cheese Pasta Salad w/cilantro bean salad (3/4c)		Bean & Cheese Torta w/broccoli & carrots (1c)		Garlic Pesto Cheese Pasta Salad w/carrot sticks (3/4c)	
Cold Vegetarian									(······		
	250	Caesar Chicken Salad with a Wheat		Santa Fe Chicken Salad with a	250	Greek Chicken Salad with a Wheat		Chef Turkey & Ham Salad with a	1	Chinese Chicken Salad with a	
Cold Vegetarian Daily Salad Snack	250 100		100	Santa Fe Chicken Salad with a Wheat Dinner Roll Chocolate Chip Muffin (S)	250 100	Greek Chicken Salad with a Wheat Dinner Roll Oatmeal Cookie (S)	100	Chef Turkey & Ham Salad with a Wheat Dinner Roll Strawberry Chex Mix	100	Wheat Dinner Roll NutriGrain Bar (S)	