

# Excel Church Preschool



## APRIL MENU

Keiki Gourmet strictly follows the nutrition standards and meal patterns outlined by the USDA CACFP. <https://www.fns.usda.gov/cacfp/meals-and-snacks>  
 Menu items are subject to change. Breakfast & Lunch are served with 1% (Age 2+) or Whole Milk (Age 1). Whole grain-rich items are indicated in RED.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch <sup>1</sup> GROUND BEEF BULGOGI PEAS AND CARROTS ENRICHED/BROWN RICE MIX PEACHES B. CHEX ,FRUIT COCKTAIL S. HONEY GRAHAM ,100% GRAPE JUICE	Lunch <sup>2</sup> BAKED CHICKEN W/TERI SAUCE SLICED CARROTS ENRICHED/BROWN RICE MIX PEARS B.BISCUITS ,APPLE SAUCE S. SALTINE CRACKERS ,100% ORANGE JUICE	Lunch <sup>3</sup> GROUND BEEF CURRY MIX VEGETABLES ENRICHED/BROWN RICE MIX PINEAPPLE CHUNKS B.HONEY BUNCHES , FRESH BANANA S. WHEAT THINS ,100% APPLE JUICE	Lunch <sup>4</sup> KALUA PORK AND CABBAGE ENRICHED/BROWN RICE MIX FRESH HONEYDEW B. W.G. ENGLISH MUFFIN,FRESH ORANGES S. CHEESE IT, 100% PINEAPPLE JUICE	Lunch <sup>5</sup> GROUND BEEF SLOPPY JOE SLIDER BUN SLICED CUCUMBERS MANDARIN ORANGES B.KIX, FRESH BANANA S.RITZ CRACKERS ,CHEESE STICK
Lunch <sup>8</sup> WHOLE WHEAT MACARONI W/GROUND BEEF & VEGETABLE TOMATO SAUCE ENRICHED BREAD STICKS PEACHES B.CHEX ,FRUIT COCKTAIL S.GOLDFISH ,100% GRAPE JUICE	Lunch <sup>9</sup> SHOYU CHICKEN SLICED CARROTS ENRICHED/BROWN RICE MIX PEARS B.W.W.FRENCH TOAST,APPLE SAUCE S. CLUB CRACKERS ,100% APPLE JUICE	Lunch <sup>10</sup> GROUND BEEF CHILI MIX VEGETABLES ENRICHED/BROWN RICE MIX PINEAPPLE CHUNKS B. CHEERIOS ,FRESH BANANA S.SALTINE CRACKERS ,100% ORANGE JUICE	Lunch <sup>11</sup> BAKED GINGER FISH GREEN BEANS ENRICHED/BROWN RICE MIX FRESH HONEYDEW B. W.W.WAFFLES ,FRESH ORANGES S. RITZ CRACKERS , 100% APPLE JUICE	Lunch <sup>12</sup> GROUND BEEF TACO MIX SALAD SOFT SHELL TORTILLA MANDARIN ORANGES B. HONEY BUNCHES , FRESH BANANA S. WHEAT THINS ,100% PINEAPPLE JUICE
Lunch <sup>15</sup> GLAZED HAM MIX VEGETABLES ENRICHED/BROWN RICE MIX PEACHES B. CHEERIOS , FRUIT COCKTAIL S. GOLDFISH CRACKERS , 100 % GRAPE JUICE	Lunch <sup>16</sup> 4 OZ WHOLE GRAIN CHICKEN CORNDOG BY FOSTER FARM CN#95150 SLICED CARROTS ENRICHED/BROWN RICE MIX PEARS B. W.G.BAGELS ,APPLE SAUCE S. SALTINE CRACKERS ,100% PINEAPPLE JUICE	Lunch <sup>17</sup> BAKED HERB CHICKEN PEAS AND CARROTS ENRICHED/BROWN RICE MIX PINEAPPLE CHUNKS B. KIX , FRESH BANANA S. HONEY GRAHAM , 100% ORANGE JUICE	Lunch <sup>18</sup> BAKED CAJUN FISH GREEN BEANS ENRICHED/BROWN RICE MIX FRESH HONEYDEW B.MINI MUFFINS,FRESH ORANGES S. CHEESE IT, 100% APPLE JUICE	Lunch <sup>19</sup> HAM AND CHEESE SANDWICH WHOLE WHEAT BREAD SLICED CUCUMBERS MANDARIN ORANGES B. CORN CHEX ,FRSH BANANA S. RITZ CRACKERS ,CHEESE STICK
Lunch <sup>22</sup> WHOLE WHEAT SPAGHETTI W/GROUND BEEF & VEGETABLE TOMATO SAUCE ENRICHED BREAD STICKS PEACHES B. KIX ,FRUIT COCKTAIL S. HONEY GRAHAM ,100% GRAPE JUICE	Lunch <sup>23</sup> COCONUT CHICKEN CURRY MIX VEGETABLES ENRICHED/BROWN RICE MIX PEARS B.W.W.PANCAKES ,APPLE SAUCE S. CLUB CRACKERS ,100% APPLE JUICE	Lunch <sup>24</sup> SALISBURY STEAK (2.5 OZ BEEF PATTY BY TYSON) CN#095418 GREEN BEANS ENRICHED/BROWN RICE MIX PINEAPPLE CHUNKS B.CHEERIOS , FRESH BANANA S. WHEAT THINS ,100% PINEAPPLE JUICE	Lunch <sup>25</sup> BAKED LEMON PEPPER FISH PEAS AND CARROTS ENRICHED/BROWN RICE MIX FRESH HONEYDEW B.W.G. ENGLISH MUFFIN ,FRESH ORANGES S. CHEESE IT , 100% ORANGE JUIC	Lunch <sup>26</sup> TURKEY AND CHEESE SANDWICH WHOLE WHEAT BREAD SLICED CUCUMBERS MANDARIN ORANGES B.CORN CHEX , FRESH BANANA S. RITZ CRACKERS ,100% APPLE JUICE
Lunch <sup>29</sup> BAKED MACARONI W/GROUND BEEF & VEGETABLE TOMATO SAUCE ENRICHED BREAD STICKS PEACHES .CHEERIOS , FRUIT COCKTAIL S. CLUB CRACKERS ,100% PINEAPPLE JUICE	Lunch <sup>30</sup> WHOLE GRAIN CHICKEN BREAD NUGGETS BY KOCH FOODS CN#098133 SLICED CARROTS PEARS B.W.W.FRENCH TOAST,APPLE SAUCE S. CLUB CRACKERS ,100% ORANGE JUICE			

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