


Wah Mei School Monthly Menu

April-2010

*milk and seasonal fruit served every meal

	Monday	Tuesday	Wednesday	Thursday	Friday
				4/1	4/2
AM BK				Cinnamon Toast	
Lunch				Pasta /Cheese (Broccoli/Cheese/Ham)	Staff Inservice
PMSNK				Fresh Fruit & Milk Animal shape crackers,Milk	
	4/5	4/6	4/7	4/8	4/9
AM BK	Bagel	Pancake	Cinnamon Toast	Waffle	Cereal
Lunch	Potato Salad,Chicken Nuggets (Potato,Eggs,Ham, Bread) Fresh Fruit & Milk	Creamy Chicken Noodle (Chicken,Corn,Green Peas) Fresh Fruit & Milk	Braised Pork / Rice (Pork, Cabbage, Rice) Fresh Fruit & Milk	Fried Noodle (Pork, Cabbage, Carrot) Fresh Fruit & Milk	Oven Fried Chicken/Rice (Chicken, Corn, Broccoli) Fresh Fruit & Milk
PMSNK	Cinnamon Toast, Milk	Gold Fish Crackers, Milk	Alphabet Crackers,Milk	Wheat thins,Milk, Fruit	Chips & Salsa Dips
	4/12	4/13	4/14	4/15	4/16
AM BK	Oatmeal / Raisins	Cereal	Pancake	Waffle	Bagel
Lunch	Pizza (Salami,Cheese,Carrot) Fresh Fruit & Milk	Drumstick (Carrot sticks,Bread) Fresh Fruit & Milk	Beef & Tomato / Rice (Beef, Tomato, Rice) Fresh Fruit & Milk	Pasta /Cheese (Broccoli,Cheese,Ham) Fresh Fruit & Milk	Ma-Po To-fu / Rice (Pork,Tofu,Carrot) Fresh Fruit & Milk
PMSNK	Ritz Crackers, Milk	Gold Fish Crackers, Milk	French Toast Sticks, Milk	Fruit Jell-O, Milk	Chips & Salsa Dips
	4/19	4/20	4/21	4/22	4/23
AM BK	Pancake	Cereal	Waffle	Oatmeal / Raisins	Cereal
Lunch	Ham Sandwich (Ham,Cheese, Lettuce) Fresh Fruit & Milk	Fried Egg Tomato/ Rice (Egg, Pork, Rice) Fresh Fruit & Milk	Spaghetti & Meatballs (Beef,Tomato,Onion,Carrot) Fresh Fruit & Milk	Teriyaki Chicken / Rice (Chicken, Zucchini,Tomatoes) Fresh Fruit & Milk	Spaghetti & Meatballs (Beef,Tomato,Onion,Carrot) Fresh Fruit & Milk
PMSNK	Wafers Cookies,Milk,Fruit	Alphabet Crackers,Milk	Honey Graham, Milk, Fruit	Chips & Salsa Dips	French Toast Sticks, Milk
	4/26	4/27	4/28	4/29	4/30
AM BK	Oatmeal / Raisins	Waffle	Cereal	Bagel	Cinnamon Toast
Lunch	Hot Dog (Turkey Hot Dog ,Buns) Fresh Fruit & Milk	Sea Shells/ Mushroom Soup (Ham,Cheese,Green Peas) Fresh Fruit & Milk	Teriyaki Chicken / Rice (Chicken, Zucchini,Tomatoe) Fresh Fruit & Milk	Fried Noodle (Pork, Cabbage, Carrot) Fresh Fruit & Milk	Oven Fried Chicken/Rice (Chicken, Corn, Broccoli) Fresh Fruit & Milk
PMSNK	Wheat thins,Milk, Fruit	Cinnamon Toast, Fruit,Milk	Chips & Salsa Dips	Wheat thins,Milk, Fruit	Honey Graham, Milk