

**FLIPANY Afterschool Menu**  
**April 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Roasted Turkey Whole Wheat Roll Whipped Potatoes Peas and Carrots Peach or Peach Fruit Cup, Milk	<b>4</b> Chicken Quesadilla with shredded chicken, 2% cheese and Zucchini, Whole-Grain Tortilla Broccoli, Orange, Milk	<b>5</b> Cheese Ravioli Whole Grain Garlic Bread Green Beans Tomato Sauce Mixed Berries, Milk	<b>6</b> Cuban Stew with shredded Beef Moros (Beans and Brown Rice) Banana Milk	<b>7</b> Chicken (Shredded) Lettuce Wraps Whole Brown Rice Asian Slaw Wonton Strips (Ginger dressing) Chopped Tomatoes, Applesauce, Milk
<b>10</b> <b>SPRING BREAK</b>	<b>11</b> <b>SPRING BREAK</b>	<b>12</b> <b>SPRING BREAK</b>	<b>13</b> <b>SPRING BREAK</b>	<b>14</b> <b>SPRING BREAK</b>
<b>17</b> Vegetable "Fried" Rice Veggies (assorted: sugar snap peas, broccoli, cauliflower, carrots, etc.) Brown Rice w/ Ham Mixed Fruit Cup, Milk	<b>18</b> Barley and Ground Turkey Beef Tacos, Cheddar cheese, Corn Taco Shells, Spinach Salad, Pear, Milk	<b>19</b> *Salisbury Steak (Gravy) Whole Grain Roll Mashed Potatoes Kernel Corn Pineapple, Milk	<b>20</b> Fricase de Pollo Chicken Broccoli Whole Brown Rice Boiled Plantains, Orange, Milk	<b>21</b> Pulled Mojo Chicken Sandwich Whole-Wheat Hamburger Bun Sweet Potato Fries Tossed Salad Apple, Milk
<b>24</b> Turkey and Cheese Sandwich Whole Wheat Bread Tomatoes and Lettuce Raw Carrots (lowfat Ranch dressing) Banana or Strawberries Milk	<b>25</b> Ropa Vieja Shredded Beef Whole Brown Rice Black Beans, Corn Kernals Pineapple, Milk	<b>26</b> Chicken Curry Bulgur Wheat Roasted Cauliflower and Broccoli Pear Milk	<b>27</b> Macaroni and Cheese w/ Cauliflower Puree (2% cheddar cheese) Whole-Grain Pasta Green Beans Peach Fruit Cup, Milk	<b>28</b> Chef Salad, Hard-boiled Egg Turkey and Cheddar Cubes Whole-Grain Roll, Romaine, Tomatoes and Cucumber (Honey mustard dressing), Apple, Milk

Daily milk requirement: lowfat (1%) or fat free

\*Fresh Fruit must vary daily each week. At least 5 different fruits must be used within the meal cycle. Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc.