

Palm Beach County Food Bank
AFTERSCHOOL MEALS HOT SUPPER
APRIL MENU



Milk: Ages 2-5 serve 1%/0% Unflavored

Ages 6-18 serve 1%/0% Unflavored or Flavored

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES		1-Hamburger (3oz) Steamed Corn (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Ketchup (1) Milk (8oz)	2-Sweet & Sour Chicken (1c) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Brown Rice in entree (1/2c) Milk (8oz)	3-Beef Meatloaf (3oz) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)
6-Macaroni and Cheese (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)	7-BBQ Chicken (2oz) Cornbread (1.2oz) Steamed Carrots (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	8-Beef/Chicken Meatballs (4) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	9-WG Breaded Mini Beef Corndogs (6) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Ketchup (1) Milk (8oz)	10-Black Bean, Cheese and Salsa Casserole (1c) In entree:Black Beans (2oz) Cheese (1oz), Salsa (2oz) Sweet Potato (1/4c) Brown Rice (1/2c) On the side: Corn (1/2c) Milk (8oz)
13-WG Breaded Chicken Patty (3oz) on WGR Bun (1) Oven Potato Fries or Tater Tots (1/2c) Steamed Carrots (1/4c) Honey Mustard or BBQ Sauce (1) Ketchup (1) Milk (8oz)	14-Cheese Manicotti Pasta with Marinara Sauce (2 pieces) Green Beans (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	15-Beef and Cheese Burrito (5oz) Black Beans (1/2c) Corn (1/4c) Tortilla in entrée (1) Milk (8oz)	16-WG Breaded Chicken Cutlet with Marinara and Mozzarella Cheese (2.5oz) Mashed Potato (1/2c) Mixed Vegetables (1/4c) Milk (8oz)	17-Taco Seasoned Beef or Chicken (2.5oz) Seasoned Black Beans (1/2c) Steamed Corn (1/4c) Seasoned Rice (1/2c) Milk (8oz)
20-Beefaroni Pasta (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)	21-WG Breaded Chicken Tenders (3) Oven Potato Fries or Tater Tots (1/2c) Steamed Carrots (1/4c) Honey Mustard or BBQ Sauce (1) Ketchup (1) Milk (8oz)	22- Hamburger (3oz) Steamed Corn (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Ketchup (1) Milk (8oz)	23-Sweet & Sour Chicken (1c) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Brown Rice in entree (1/2c) Milk (8oz)	24-Beef Meatloaf (3oz) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)
27-Macaroni and Cheese (3/4c) Steamed Green Beans(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Pasta in Entrée (1/2c) Milk (8oz)	28-BBQ Chicken (2oz) Cornbread (1.2oz) Steamed Carrots (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Milk (8oz)	29-Beef/Chicken Meatballs (4) Mashed Potato (1/2c) Steamed Peas (1/4c) WGR Roll (1) Butter or Margarine (1) Milk (8oz)	30-WG Breaded Mini Beef Corndogs (6) Mixed Vegetables (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) Ketchup (1) Milk (8oz)	May 1-Black Bean, Cheese and Salsa Casserole (1c) In entree:Black Beans (2oz) Cheese (1oz), Salsa (2oz) Sweet Potato (1/4c) Brown Rice (1/2c) On the side: Corn (1/2c) Milk (8oz)



Palm Beach County Food Bank
AFTERSCHOOL MEALS SNACK
APRIL MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES		1-Fresh Fruit (1) WGR Chex Snack Mix (1.5oz)	2-Cheese Stick (1oz) WGR Pretzels (.8oz)	3-100% Juice (3/4c) WGR Veggie Crackers (1oz)
6-100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)	7-100% Juice (3/4c) WGR Chex Snack Mix (1.5oz)	8-Fresh Fruit (1) WGR Cheddar Goldfish (.75oz)	9-Cheese Stick (1oz) WGR Veggie Crackers (1oz)	10-100% Juice (3/4c) WGR Tortilla Chips (1oz)
13-100% Juice (3/4c) WGR Sun Chips (1oz)	14-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	15- Fresh Fruit (1) WGR Veggie Crackers (1oz)	16-Cheese Stick (1oz) WGR Chex Snack Mix (1.5oz)	17-100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)
20-100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	21-100% Juice (3/4c) WGR Tortilla Chips (1oz)	22-Fresh Fruit (1) WGR Chex Snack Mix (1.5oz)	23-Cheese Stick (1oz) WGR Pretzels (.8oz)	24-100% Juice (3/4c) WGR Veggie Crackers (1oz)
27-100% Juice (3/4c) WGR Graham or Animal Crackers (1oz)	28-100% Juice (3/4c) WGR Chex Snack Mix (1.5oz)	29-Fresh Fruit (1) WGR Cheddar Goldfish (.75oz)	30-Cheese Stick (1oz) WGR Veggie Crackers (1oz)	May 1-100% Juice (3/4c) WGR Tortilla Chips (1oz)



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AFTERSCHOOL MEALS COLD SUPPER
APRIL MENU



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Ages 6-18 serve 1%/0% Unflavored or Flavored

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES		1-Taco Salad with Black Beans 2oz and Cheese (.5 oz) Mixed Greens (1 c) Corn & Tomato (1/2 c) Ranch Dressing (1) WGR Tortilla Strips (.75oz) Milk (8oz)	2-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	3-Tuna Salad (2.5 oz) and Cheese (.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
6-Hummus (2.5oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	7-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	8-Chef's Salad of HB Egg (1) and Cheese (.5 oz) with Mixed Greens (1c) Tomato & Cucumber (¼ c) WGR Croutons (.8-1 oz) Dressing (1) Milk (8oz)	9-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	10-Egg Salad (3oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
13-Tuna Salad (3oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	14-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	15-Mediterranean Salad of Garbanzo Beans 2oz and Feta (.5 oz) Mixed Greens (1 c) Tomato & Cucumber (¼ c) Italian Dressing (1) WGR Croutons (.8-1 oz) Milk (8oz)	16-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	17-Hummus (2.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
20-Chicken Salad (3oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	21-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	22-Taco Salad with Black Beans 2oz and Cheese (.5 oz) Mixed Greens (1 c) Corn & Tomato (1/2 c) Ranch Dressing (1) WGR Tortilla Strips (.75oz) Milk (8oz)	23-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	24-Tuna Salad (2.5 oz) and Cheese (.5oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)
27-Hummus (2.5oz) Carrot Sticks (1/4c) Celery Sticks (1/4c) Dressing/Dip Fresh Fruit (1) or Fruit Cup (4oz) WGR Veggie Crackers (1oz) Milk (8oz)	28-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad(1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bread (2) Milk (8oz)	29-Chef's Salad of HB Egg (1) and Cheese (.5 oz) with Mixed Greens (1c) Tomato & Cucumber (¼ c) WGR Croutons (.8-1 oz) Dressing (1) Milk (8oz)	30-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Fresh Fruit (1) or Fruit Cup (4oz) WGR Bun (1) Milk (8oz)	May 1-Egg Salad (3oz) WGR Bread (2) Pickle (1/2 C) Lettuce Leaf (¼ c) Milk (8oz)

