

# April K-3 Breakfast Menu



## Eagle Academy Public Charter School

Congress Heights  
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chilaquiles Whole Wheat Tortilla Fresh Pear Skim or 1% Milk	<b>2</b> Turkey Sausage & Egg on a Whole Wheat Biscuit Fresh Apple Skim or 1% Milk	<b>3</b> Assorted Variety of Cereal Yogurt Banana Skim or 1% Milk	<b>4</b> Potato & Cheese Frittata Whole Grain Flatbread Fresh Orange Wedges Skim or 1% Milk	<b>5</b> Whole Wheat Bagel with Cream Cheese Fresh Honeydew Wedge Skim or 1% Milk
<b>8</b> Whole Grain Zucchini Bread Fresh Pear Skim or 1% Milk	<b>9</b> Turkey Sausage Strata Fresh Apple Skim or 1% Milk	<b>10</b> Toasted Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	<b>11</b> Scrambled Eggs with Cheese on a Whole Grain Flatbread Fresh Orange Wedges Skim or 1% Milk	<b>12</b> Whole Grain Apple Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
<b>15</b>  <b>Spring Break</b>  <b>No School</b>	<b>16</b>  <b>Spring Break</b>  <b>No School</b>	<b>17</b>  <b>Spring Break</b>  <b>No School</b>	<b>18</b>  <b>Spring Break</b>  <b>No School</b>	<b>19</b>  <b>Spring Break</b>  <b>No School</b>
<b>22</b> Whole Grain Blueberry Muffin Cheese Stick Fresh Pear Skim or 1% Milk	<b>23</b> Whole Grain Cheesy Grits Turkey Sausage Fresh Apple Skim or 1% Milk	<b>24</b> Toasted Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	<b>25</b> Broccoli & Cheddar Egg Bake Whole Grain Flatbread Fresh Orange Wedges Skim or 1% Milk	<b>26</b> Homemade French Toast Fresh Honeydew Wedge Skim or 1% Milk
<b>29</b> Chilaquiles Whole Wheat Tortilla Fresh Pear Skim or 1% Milk	<b>30</b> Turkey Sausage & Egg on a Whole Wheat Biscuit Fresh Apple Skim or 1% Milk			

Homemade, healthy food made with love.

# April PreK Breakfast Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chilaquiles Whole Wheat Tortilla Fresh Pear Skim or 1% Milk	<b>2</b> Turkey Sausage & Egg on a Whole Wheat Biscuit Sliced Apples Skim or 1% Milk	<b>3</b> Assorted Variety of Cereal Banana Skim or 1% Milk	<b>4</b> Potato & Cheese Frittata Fresh Tangerine Skim or 1% Milk	<b>5</b> Whole Wheat Bagel with Cream Cheese Fresh Honeydew Wedge Skim or 1% Milk
<b>8</b> Whole Grain Zucchini Bread Fresh Pear Skim or 1% Milk	<b>9</b> Turkey Sausage Strata Sliced Apples Skim or 1% Milk	<b>10</b> Toasted Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	<b>11</b> Scrambled Eggs with Cheese on a Whole Grain Flatbread Fresh Tangerine Skim or 1% Milk	<b>12</b> Whole Grain Apple Muffin Fresh Honeydew Wedge Skim or 1% Milk
<b>15</b>  <b>Spring Break</b>  <b>No School</b>	<b>16</b>  <b>Spring Break</b>  <b>No School</b>	<b>17</b>  <b>Spring Break</b>  <b>No School</b>	<b>18</b>  <b>Spring Break</b>  <b>No School</b>	<b>19</b>  <b>Spring Break</b>  <b>No School</b>
<b>22</b> Whole Grain Blueberry Muffin Fresh Pear Skim or 1% Milk	<b>23</b> Whole Grain Cheesy Grits Turkey Sausage Sliced Apples Skim or 1% Milk	<b>24</b> Toasted Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	<b>25</b> Broccoli & Cheddar Egg Bake Fresh Tangerine Skim or 1% Milk	<b>26</b> Homemade French Toast Fresh Honeydew Wedge Skim or 1% Milk
<b>29</b> Chilaquiles Whole Wheat Tortilla Fresh Pear Skim or 1% Milk	<b>30</b> Turkey Sausage & Egg on a Whole Wheat Biscuit Sliced Apples Skim or 1% Milk			

# April K-3 Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Cucumbers Fresh Honeydew Wedge Milk Varity	<b>2</b> Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Steamed Corn Diced Tomatoes Fresh Pear Milk Varity	<b>3</b> Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Apple Milk Varity	<b>4</b> BBQ Chicken Whole Grain Polenta Whole Wheat Roll Roasted Butternut Squash Braised Collard Greens Fresh Banana Milk Varity	<b>5</b> All Beef Hot Dog on a Whole Wheat Bun BBQ Baked Beans Roasted Cauliflower Orange Wedges Milk Varity
<b>8</b> Baked Mac & Cheese Sautéed Green Beans Chilled Broccoli Salad Fresh Honeydew Wedge Milk Varity	<b>9</b> Beef & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Varity	<b>10</b> Cajun Chicken Creole Louisiana Brown Rice Steamed Broccoli Red Beans Fresh Apple Milk Varity	<b>11</b> Oven Roasted Turkey Whole Grain Biscuit Mashed Sweet Potatoes Roasted Brussel Sprouts Fresh Banana Milk Varity	<b>12</b> Fish Sticks Whole Wheat Roll Braised Cabbage Steamed Sweet Peas Orange Wedges Milk Varity
<b>15</b>  <b>Spring Break</b>  <b>No School</b>	<b>16</b>  <b>Spring Break</b>  <b>No School</b>	<b>17</b>  <b>Spring Break</b>  <b>No School</b>	<b>18</b>  <b>Spring Break</b>  <b>No School</b>	<b>19</b>  <b>Spring Break</b>  <b>No School</b>
<b>22</b> Cheesy Baked Italian Pasta Roasted Chickpeas Mixed Greens Salad Fresh Honeydew Wedge Milk Varity	<b>23</b> Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Varity	<b>24</b> Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Varity	<b>25</b> Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Varity	<b>26</b> All Beef Cheeseburger on a Whole Wheat Bun Baked Beans Sliced Seasoned Tomatoes Orange Wedges Milk Varity
<b>29</b> Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Cucumbers Fresh Honeydew Wedge Milk Varity	<b>30</b> Beef & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Varity			

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# April Vegetarian K-3 Lunch



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<b>1</b> Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Cucumbers Fresh Honeydew Wedge Milk Variety	<b>2</b> BeanTacos with Shredded Cheese in a Whole Wheat Tortilla Steamed Corn Diced Tomatoes Fresh Pear Milk Variety	<b>3</b> Cuban Style Picadillo Tofu Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Apple Milk Variety	<b>4</b> BBQ Tofu Whole Grain Polenta Whole Wheat Roll Roasted Butternut Squash Braised Collard Greens Fresh Banana Milk Variety	<b>5</b> Sunbutter & Jelly on Whole Wheat Bread BBQ Baked Beans Roasted Cauliflower Orange Wedges Milk Variety
<b>8</b> Baked Mac & Cheese Sautéed Green Beans Chilled Broccoli Salad Fresh Honeydew Wedge Milk Variety	<b>9</b> Bean & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Variety	<b>10</b> Cajun Tofu Bites Creole Louisiana Brown Rice Steamed Broccoli Red Beans Fresh Apple Milk Variety	<b>11</b> Stewed Lentils Whole Grain Biscuit Mashed Sweet Potatoes Roasted Brussel Sprouts Fresh Banana Milk Variety	<b>12</b> Veggie Burger with Cheese on a Whole Wheat Bun Braised Cabbage Steamed Sweet Peas Orange Wedges Milk Variety
<b>15</b>  <b>Spring Break</b>  <b>No School</b>	<b>16</b>  <b>Spring Break</b>  <b>No School</b>	<b>17</b>  <b>Spring Break</b>  <b>No School</b>	<b>18</b>  <b>Spring Break</b>  <b>No School</b>	<b>19</b>  <b>Spring Break</b>  <b>No School</b>
<b>22</b> Cheesy Baked Italian Pasta Roasted Chickpeas Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	<b>23</b> Veggie & Bean Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Variety	<b>24</b> Stewed Lentils Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Variety	<b>25</b> Cantonese Roast Chickpeas Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Variety	<b>26</b> Veggie Burger with Cheese on a Whole Wheat Bun Baked Beans Sliced Seasoned Tomatoes Orange Wedges Milk Variety
<b>29</b> Cheese Pizza on Whole Grain Crust Mixed Greens Salad with Cucumbers Fresh Honeydew Wedge Milk Variety	<b>30</b> Bean & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Variety			

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# April PreK Lunch Menu



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<b>1</b> Cheese Pizza on Whole Grain Crust Sliced Cucumbers Fresh Honeydew Wedge Milk Varity	<b>2</b> Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Steamed Corn Fresh Pear Milk Varity	<b>3</b> Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Sliced Apples Milk Varity	<b>4</b> BBQ Chicken Whole Grain Polenta Braised Collard Greens Fresh Banana Milk Varity	<b>5</b> Sloppy Joe on a Whole Wheat Bun BBQ Baked Beans Fresh Tangerine Milk Varity
<b>8</b> Baked Mac & Cheese Sautéed Green Beans Fresh Honeydew Wedge Milk Varity	<b>9</b> Beef & Cheese Tacos on Hard Shells Steamed Corn Fresh Pear Milk Varity	<b>10</b> Cajun Chicken Creole Louisiana Brown Rice Steamed Broccoli Sliced Apples Milk Varity	<b>11</b> Oven Roasted Turkey Whole Grain Biscuit Mashed Sweet Potatoes Fresh Banana Milk Varity	<b>12</b> Fish Sticks Steamed Sweet Peas Fresh Tangerine Milk Varity
<b>15</b>  <b>Spring Break</b>  <b>No School</b>	<b>16</b>  <b>Spring Break</b>  <b>No School</b>	<b>17</b>  <b>Spring Break</b>  <b>No School</b>	<b>18</b>  <b>Spring Break</b>  <b>No School</b>	<b>19</b>  <b>Spring Break</b>  <b>No School</b>
<b>22</b> Cheesy Baked Italian Pasta Mixed Greens Salad Fresh Honeydew Wedge Milk Varity	<b>23</b> Chicken Fajitas in a Whole Wheat Tortilla Sweet Plantains Peppers & Onions Fresh Pear Milk Varity	<b>24</b> Oven Roasted Meatloaf Whole Grain Biscuit Mashed Potatoes Sliced Apples Milk Varity	<b>25</b> Cantonese Roast Chicken Fried Brown Rice Sautéed Broccoli Fresh Banana Milk Varity	<b>26</b> All Beef Cheeseburger on a Whole Wheat Bun Baked Beans Fresh Tangerine Milk Varity
<b>29</b> Cheese Pizza on Whole Grain Crust Sliced Cucumbers Fresh Honeydew Wedge Milk Varity	<b>30</b> Beef & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Fresh Pear Milk Varity			

# April Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Chicken Nuggets Whole Wheat Roll Braised Collard Greens Apple Juice Milk Variety	<b>2</b> Tuna Salad on a Whole Wheat Bun Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	<b>3</b> Lemon Pepper Chicken Farro Pilaf Steamed Sweet Peas Fresh Pear Milk Variety	<b>4</b> Turkey Ham & Cheese on a Whole Wheat Bun Three Bean Salad Applesauce Milk Variety	<b>5</b> Navy Bean Dip Whole Grain Flatbread Zucchini Sticks Fresh Banana Milk Variety
<b>8</b> Veggie Burger on a Whole Wheat Bun Glazed Carrots Apple Juice Milk Variety	<b>9</b> Chicken Salad Whole Wheat Crackers Sliced Cucumbers Fresh Honeydew Wedge Milk Variety	<b>10</b> Salisbury Steak with Gravy Whole Wheat Roll Roasted Yukon Gold Potatoes Fresh Pear Milk Variety	<b>11</b> Roasted Chicken Drumstick Whole Grain Cornbread Dressing Roasted Cauliflower Applesauce Milk Variety	<b>12</b> Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
<b>15</b>  <b>Spring Break</b>  <b>No School</b>	<b>16</b>  <b>Spring Break</b>  <b>No School</b>	<b>17</b>  <b>Spring Break</b>  <b>No School</b>	<b>18</b>  <b>Spring Break</b>  <b>No School</b>	<b>19</b>  <b>Spring Break</b>  <b>No School</b>
<b>22</b> Chicken Nuggets Whole Wheat Roll Braised Kale Apple Juice Milk Variety	<b>23</b> Tuna Salad Whole Wheat Crackers Zucchini Sticks Fresh Honeydew Wedge Milk Variety	<b>24</b> Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Corn Fresh Pear Milk Variety	<b>25</b> Chef Salad w/ Turkey & Cheddar over Mixed Greens Whole Grain Flatbread Applesauce Milk Variety	<b>26</b> Chicken & Cheese Quesadilla Warm Black Bean & Corn Salsa Fresh Banana Milk Variety
<b>29</b> Hummus Whole Grain Flatbread Roasted Garlic Eggplant Apple Juice Milk Variety	<b>30</b> Fish Sticks Whole Wheat Roll Steamed Corn Fresh Honeydew Wedge Milk Variety			

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