

Cresthaven Academy

Lunch

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>All of our food is made fresh Daily.</i>	<i>Our Featured Wellness Item of the month is highlighted in orange.</i>			
	1	2	3	4	5	6
7	8 Homemade Ziti w/ Meat Sauce 6oz Wrapped WW Mountain Roll 1ea Honey Glazed Whole Baby Carrots 3/4 Cup 100% Apple Juice 4oz 1% Milk 8oz	9 Baked Chicken Parmesan 3oz Wrapped WW Mountain Roll 1ea Broccoli 3/4C Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	10	11 French Toast Sticks 3ea-3oz Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz Maple Syrup PC 1ea	12 Whole Wheat Pizza 1ea Green Beans 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	13
14	15 All Beef Hot Dog on a WW Bun 1ea Maple Baked Beans 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea PC Mustard 1ea	16 Crispy Chicken Breast on Whole Wheat Bun 3oz Rice w/Corn 3/4c Apple Sauce Cup 1/2C 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	17 Hamburger on a WW Bun 1ea Whole Baby Carrots 3/4 Cup 100% Fruit Punch 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	18 W.G Waffles 2ea Turkey Sausage Links 3ea Baked Home Fries 3/4 Cup Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Maple Syrup 1ea	19 Whole Wheat Pizza 1ea Cauliflower 3/4 Cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	20
21	22 Lean Beef Nachos w/ Cheese 2.5oz Lean Beef Taco Meat 2.5oz Shredded Cheddar .5 oz Black Beans 3/4c Bag Baked Tostitos Scoops 1ea Graham Crackers 3pk Apple Sauce Cup 1/2C 1% Milk 8oz	23 W.G Chicken Nuggets 5ea Wrapped WW Mountain Roll 1ea Spanish Rice 1/2c Fresh Orange 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	24 Mozzarella Sticks 4ea Marinara Sauce 2oz Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	25 Grilled Chicken w/ BBQ Sauce 2.5oz Broccoli 3/4C Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz	26 Whole Wheat Pizza 1ea Green Bean/Wax Bean Blend 3/4 cup 100% Orange Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz	27
28	29 Baked Chicken Patty on a Whole Wheat Bun 1ea Sliced Carrots 3/4 Cup 100% Grape Juice 4oz 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea	30 Baked Chicken Tenders 3ea-3.39oz Rice w/Mixed Veg 3/4c Wrapped Whole Wheat Bread 1ea Fresh Banana 1ea 1% Milk 8oz Fat Free Chocolate or Skim 8oz PC Ketchup 1ea				