

The Children's Fountain Of Knowledge
Laredo, TX

Monthly Menu
April 2010 [Meal -- B]

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Fruit Cup Cinnamon Roll Milk	2 Frosted flakes cereal with milk Banana Slices
5 Waffles Fruit cup Milk	6 Strawberry Cake Ham Milk	7 Country Gravy over Buttermilk Biscuits Fruit Cup Milk	8 Frosted Flakes Cereal with Milk Banana Slices	9 Pancakes Sliced Strawberries Milk
12 Country Gravy over Buttermilk Biscuits Pineapple tidbits Milk	13 French Omelett Ham & Cheese Fruit Cup Milk	14 Bran Muffin Tangerine/orange slices Milk	15 Frosted Flakes Cereal with Milk Banana Slices	16 Potato Mariachi Fruit cup Milk
19 Bran Muffin Applesauce/wedges Milk	20 Oatmeal with milk Banana Slices	21 Cinnamon Toast Fruit Cup Milk	22 Waffles Pineapple Tidbits Milk	23 Frosted flakes cereal with milk Banan slices
26 Pancakes Pineapple tidbits Milk	27 Beans and cheese Burrito Applesauce/wedges Milk	28 Fruit Cup Cinnamon Roll Milk	29 Oatmeal with milk Banana Slices	30 Cinnamon Toast Fruit cup Milk

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Laredo, TX

Tuesday, March 30, 2010

Monthly Menu

April 2010 [Meal -- L]

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Stew with Potatoes Spanish Rice Banana Slices Milk	2 Maccaroni & Cheese Mashed Potatoes Baked Ham Applesauce/wedges Milk
5 Spagetti and turkey Meatballs Cooked Carrots Orange Slices/tangerines Milk	6 Alphabet Soup with Chicken Cooked Carrots pineapple tidbits Milk	7 Rice and Chicken Soup Steamed Veggies Banana Slices Milk	8 Grilled Chicken White Rice Steamed Peas & Carrots Pineapple tidbits Milk	9 Chicken tortilla soup cooked veggies fruit cup Milk
12 Spagetti and Meatballs Cooked Carrots Banana Slices Milk	13 Chicken and Rice Soup Steamed Veggies Fruit cup Milk	14 Angel Hair Pasta with Ground Turkey Cooked Carrots Fruit in Jell-O Milk	15 Honey Slow-Baked Beans Steamed Rice Applesauce/ Apple slices Milk	16 Pepperoni Pizza Cooked Veggies oranges/tangerines Milk Milk
19 Turkey Stroganoff cooked peas/carrots Fruit Cup Milk	20 Chicken Soft Taco Rice and Beans Jell-O with Fruit Milk	21 Corn Dog Cooked Veggies Sliced Oranges/tangerines Milk	22 Grilled Ham/Cheese Sandwich Baked French Fries Applesauce/Wedges Milk	23 Honey-Mustard Roast Chicken Spanish Rice Cooked Peas and carrots Banana Slices Milk
26 Honey slow-Baked Lentils Soup Spanish rice Mixed Vegetables Sliced Strawberries Milk	27 Beef Stew with Veggies Spanish Rice Banana Slices Milk	28 Chicken Noodle Soup Peas Pineapple tidbits Milk	29 Teriyaki Chicken Rice Cooked Veggies Bread Fruit cup Milk	30 Peperoni Pizza Steamed veggies Fruit Cup Milk

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Monthly Menu
April 2010 [Meal -- S1]

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Animal Crackers Milk	2 Cheese Sticks Crackers
5 Oreo cookies Milk	6 Marias Cookies Milk	7 Blueberry muffins Milk	8 Cheese Sticks Crackers	9 Animal crackers Milk
12 Cheese Sticks Apple Juice	13 Baked Crackers Milk	14 gold fish crackers Milk	15 Bran Muffins Milk	16 ritz crackers Milk
19 Cantaloupe Cubes Crackers	20 Bran Muffins Milk	21 Cheese Quesadillas Apple Juice	22 Cheddar CheeseCrackers Milk	23 Sandwich with Jelly Milk
26 Baked crackers cheese sticks	27 Cheddar Cheese Crackers Milk	28 Cheese Quesadillas Apple Juice	29 Oreo Cookies/ Ritz Crackers Milk	30 Animal crackers milk