

Dayton SMART - Breakfast

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>4</p> <p>Cereal Bowl (1 ea.) Graham Cracker Grlpz (1 oz.) Pineapple Tidbits (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p></p> <p>5</p> <p>Cereal Bowl (1 ea.) Elf Grahams (1 oz.) Applesauce (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>6</p> <p>WG Muffin (ea.) Mandarin Oranges (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p></p> <p>7</p> <p>Cereal Bowl (1 ea.) Graham Sticks (1 oz.) Diced Peaches (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>1</p> <p>Fruit-Filled Frudel (1 ea.) Diced Peaches (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>
<p>11</p> <p>Cereal Bowl (1 ea.) Graham Cracker Grlpz (1 oz.) Pineapple Tidbits (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>12</p> <p>Yogurt (4 oz.) Granola (1 oz.) Applesauce (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>13</p> <p>Cereal Bowl (1 ea.) Cinnamon Goldfish (1 oz.) Grapes (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>14</p> <p>WG Muffin (ea.) Mandarin Oranges (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p> <p></p>	<p>15</p> <p>Mini Cinnis (1 ea.) Diced Peaches (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>
<p>18</p> <p></p> <p>Cereal Bowl (1 ea.) Graham Cracker Grlpz (1 oz.) Pears (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>19</p> <p>Cereal Bowl (1 ea.) Elf Grahams (1 oz.) Applesauce (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>20</p> <p>Bagel (1 ea.) Cream Cheese (1 ea.) Banana (1 ea.) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>21</p> <p>Cereal Bowl (1 ea.) Graham Sticks (1 oz.) Pineapple Tidbits (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>22</p> <p>French Toast Minis (1 pk.) Syrup (1 pk.) Mandarin Oranges (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>
<p>25</p> <p>Cereal Bowl (1 ea.) Graham Cracker Grlpz (1 oz.) Pears (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>26</p> <p>Yogurt (4 oz.) Granola (1 oz.) Applesauce (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>27</p> <p>Cereal Bowl (1 ea.) Cinnamon Goldfish (1 oz.) Grapes (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p> <p></p>	<p>28</p> <p>WG Muffin (ea.) Fruit Cocktail (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>	<p>29</p> <p>Fruit-Filled Frudel (1 ea.) Diced Peaches (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)</p>

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Dayton SMART - Lunch

April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
 SPRING 				
4	5	6	7	8
Salisbury Steak (3 oz.) w/ Gravy (2 oz.) Diced Potatoes (½ cup) Peas & Carrots (½ cup) Whole Wheat Bun (1 ea.) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Pizza Bites (4 ea.) Green Beans (½ cup) Carrots (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Chicken Tenders (3 ea.) Brown Rice (½ cup) Broccoli (½ cup) Mashed Sweet Potatoes (½ cup) Grapes (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Hamburger (2 oz.) Cheese Slice (1 ea.) Whole Wheat Bun (1 ea.) Ketchup (1 pk.) Baked Beans (½ cup), Corn (½ cup) Cinnamon Applesauce (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Whole Wheat Spaghetti (2 oz.) & Meatballs (4 ea.) w/ Marinara Sauce (3/8 cup) Italian Veg (½ cup) Spinach (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)
11	12	13	14	15
Steak Hoagie (2 oz.) Gravy (¼ oz.) Tater Tots (½ cup) Great Northern Beans (½ cup) Cinnamon Applesauce (½ cup) Whole Wheat Bun (2 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Turkey Sub (2 oz.) Sub Bun (1 ea.) Light Mayo (1 pk.) Carrots (¾ cup) Ranch (1 pk.) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Beef (2.6 oz.) Taco Salad Lettuce (½ cup), Diced Tomatoes (¼ cup) Shredded Cheese (½ oz.) Tortilla Chips (1¾ oz.) Sour Cream (1 pk.), Taco Sauce (1 pk.) Corn (½ cup) Peaches w/ Oat Topping (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Entree Salad (1½ cup) Mozzarella Cheese (1 oz.) Cheddar Cheese (1 oz.) Ranch Dressing (1 pk.) Wheat Roll & Margarine (1 ea.) Pineapple Tidbits (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Chicken (2 oz.) & Brown Rice (1 cup) Gravy (2 oz.) Spinach (½ cup) Mashed Sweet Potatoes (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)
18	19	20	21	22
Mozzarella Sticks (2 ea.) Marinara Sauce (½ cup) Tater Tots (½ cup) Peaches w/ Oat Topping (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Chili (4½ oz.) & Cheese (½ oz.) Whole Wheat Spaghetti (2 oz.) Broccoli (½ cup) Carrots (½ cup) Whole Apple (1 ea.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Chicken Sandwich (3 oz.) Whole Wheat Bun (1 ea.) BBQ Sauce (1 pk.) Potato Wedges (½ cup) Baked Beans (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Meatloaf (3 oz.) w/ Gravy (2 oz.) Mashed Sweet Potatoes (½ cup) Green Beans (½ cup) Wheat Bread & Margarine (1 ea.) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Mini Chicken Corn Dogs (6 ea.) Mustard (1 pk.) Broccoli (½ cup) Cauliflower (½ cup) Strawberry Applesauce (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)
25	26	27	28	29
Chicken Nuggets (5 ea.) BBQ Sauce (1 pk.) Tater Tots (½ cup) Baked Beans (½ cup) Apple Treat (½ cup) Wheat Roll & Margarine (1 ea.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Turkey Sub (2 oz.) Sub Bun (1 ea.) Light Mayo (1 pk.) Carrots (¾ cup) Ranch (1 pk.) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Beef (2.6 oz.) Taco Salad Lettuce (½ cup), Diced Tomatoes (¼ cup) Shredded Cheese (½ oz.) Tortilla Chips (1¾ oz.) Sour Cream (1 pk.), Taco Sauce (1 pk.) Corn (½ cup) Peaches w/ Oat Topping (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Entree Salad (1½ cup) Mozzarella Cheese (1 oz.) Cheddar Cheese (1 oz.) Ranch Dressing (1 pk.) Wheat Roll & Margarine (1 ea.) Pineapple Tidbits (½ cup) Fat Free Milk (8 oz.) 1% Milk (8 oz.)	Whole Wheat Spaghetti (2 oz.) & Meatballs (4 ea.) w/ Marinara Sauce (3/8 cup) Italian Veg (½ cup) Spinach (½ cup) 100% Juice (4 oz.) Fat Free Milk (8 oz.) 1% Milk (8 oz.)

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