



# New Horizons Preschool

"Enhancing Children's Lives for a better Future"

# April



Monday

Tuesday

Wednesday

Thursday

Friday

Week #1

Week #2

Week #3

Week #4

Week #5

<p>Sliced Turkey Whole Wheat Roll Margarine Broccoli Pears Black Eye Peas Milk</p>	<p>Midnight Sandwich (Pork, Ham, Swiss Cheese) 1 sand. = 1-1/2 oz. mt/mt alt. and 1brd. for 1-5 yr olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr olds. Lowfat Mayo. + Mustard <b>Tossed Salad</b> (Lettuce + Tomato) Ranch Dressing Apple Slices + Milk</p>	<p>*Salisbury Steak Gravy Whole Wheat Roll Mashed Potatoes Peas and Carrots Milk</p>	<p>Picadillo Rice 1 slice of Cuban Bread Sliced Tomatoes Yuca Milk</p>	<p>*Chicken Nuggets Ketchup Whole Wheat Bread Green Beans Corn Milk</p>
<p>Sliced Turkey 1 slice of Whole Wheat Bread / Margarine Egg Noodles Green Beans Sweet Potatoes Milk</p>	<p>Beefaroni 1 sand. = 1-1/2 oz. mt/mt alt. and 1brd. for 1-5 yr olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr olds. Garlic Bread <b>Tossed Salad</b> (Lettuce, Tomato, Cucumber) Fruit Salad Milk</p>	<p>Fricase de Pollo Brown Rice Plantains Spinach Milk</p>	<p>*Breaded Fish Ketchup Roll Mashed Potato Mixed Vegetables Milk</p>	<p>Arroz con Pollo 1 serv. = 1-1/2 oz. mt/mt alt. and 1brd. for 1-5 yr olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr olds. Cuban Bread or Roll (Spinach, Romaine Lettuce, Tomato, Cucumber + Ranch Dressing) Peaches Milk</p>
<p>Ropa Vieja Brown Rice Roll Mixed Vegetables Pineapple Milk</p>	<p>*Breaded Chicken Pattie In sauce Roll Sliced Tomatoes and Lowfat French Dressing Lettuce Carrots Milk</p>	<p>Meatloaf Ketchup Whole Wheat Bread Tater tots Broccoli Apple slices Milk</p>	<p>Spaghetti + Meat Sauce (Whole Wheat Noodles) 1 serv. = 1-1/2 oz. mt/mt alt. and 1brd. for 1-5 yr olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr olds. Lowfat Mayo. + Mustard Garlic Bread Green Salad (Romaine Lettuce, Tomato, Cucumber + Ranch Dressing) Pears + Milk</p>	<p>Roast Pork Moros Whole Wheat Roll Green Peas Orange Slices Milk</p>
<p>Roasted Turkey Gravy Whole Wheat Roll Whipped Potatoes Peas and Carrots Milk</p>	<p>*Ravioli 1 slice of Garlic Bread Broccoli Pears Milk</p>	<p>Seasoned Red Beans (3/8 c ages 1-5 and 1/2 c ages 6-12) Brown Rice Whole Wheat Bread Green Beans Applesauce Milk</p>	<p>Cuban Stew 1 serv. = 1-1/2 oz. mt/mt alt. and 1brd. for 1-5 yr olds; 2 oz. mt/mt alt. and 1 brd for 6-12 yr olds. Congri 1 serv. = 1 brd. and 1 veg. Fruit Salad Milk</p>	<p>*Pizza (Made with Whole Wheat Crust) Corn <b>Tossed Salad</b> (Lettuce + Tomato) Lowfat Ranch Dressing Milk</p>
<p>*Fish Sticks Ketchup Whole Wheat Roll Mashed Potatoes Mixed Vegetables Cinnamon Apples Milk</p>	<p>Seasoned Red Beans (3/8 c ages 1-5 and 1/2 c ages 6-12) Brown Rice Green Beans Mixed Greens Salad (Spinach, Romaine, Tomato, Cucumber) Lowfat Ranch Dressing Milk</p>	<p>Baked Chicken Roll Yellow Squash Broccoli Florets Lowfat Ranch Dip Milk</p>	<p>Picadillo Cuban Bread or Roll Congri 1 serv. = 1 brd. and 1 veg. Plantains Milk</p>	<p>Hamburger Whole Wheat Bun Lettuce + Tomato Mustard, Mayo, Ketchup Tater Tots Green Peas Milk</p>