



<h2 style="margin: 0;">April 2019</h2>					
NSLP	Monthly Meal Planner				
REVISED:	3-15-2019				
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Hot Dog Apple Slices Cooked Beans WG Hot Dog Bun Milk	WG Beef Pepperoni Calzone Mandarin Oranges Chopped Romaine & Grape Tomatoes WG Calzone Crust Milk	Baked Chicken Berries Green Beans WG Bread Milk	Steak Fajita w/ cheese Mixed Fruit Corn WG Tortillas Milk	Breaded Chicken Patty Melon Butternut Squash WG Hamburger Bun Milk
Week 2	8	9	10	11	12
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Pulled Turkey BBQ Apple Slices Coleslaw & Carrots WG Hamburger Bun Milk	Mac-N-Cheese Mandarin Oranges Garden Salad & Grape Tomatoes Bread Milk	Popcorn Chicken Pears Baked Beans & Celery WG Mini Cornbread Loaf Milk	Beef or Turkey Sausage Pineapple Potatoes Waffle Milk	Chicken Soft Taco w/ cheese Peaches Shredded Romaine & Corn WG Tortillas Milk
Week 3	15	16	17	18	19
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Hamburger w/ cheese Apple Slices Potatoes WG Hamburger Bun Milk	Chicken Nuggets Mandarin Oranges Carrots WG Grahams Milk	Philly Steak Sandwich w/ cheese Mixed Fruit Vegetable Blend WG Hot Dog Bun Milk	Boneless BBQ Beef Rib Patty Pears Cucumber Slices & Cooked Beans WG Hamburger Bun Milk	Pizza Bread Melon Chopped Romaine & Grape Tomatoes WG Hoagie Bun Crust Milk
Week 4	22	23	24	25	26 National Pretzel Day
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	Meatball Hoagie w/ cheese Apple Slices Carrots WG Hot Dog Bun Milk	Sloppy Joe Mandarin Oranges Coleslaw WG Hamburger Bun Milk	Corn Dog Berries Cooked Beans WG Cornmeal Breadding Milk	Taco w/ cheese Pineapple Shredded Romaine & Corn WG Tortillas Milk	Chicken Fingers Peaches Butternut Squash WG Pretzels Milk
Week 5	29	30			
M/MA 1 - 2 oz eq Fruit 1/2 - 1 c Veg 3/4 - 1 c Grains 1 - 2 oz eq Milk 1 c. (8 oz)	BBQ Chicken w/ cheese Apple Slices Chopped Romaine & Grape Tomatoes WG Hamburger Bun Milk	Chili Cheese Coney Mandarin Oranges Potatoes WG Hot Dog Bun Milk			