

**TYSONS CORNER CHILDREN'S CENTER
SPRINGHILL**

APRIL 2019

BREAKFAST/PM SNACK

<p><u>April 01</u> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c</p>	<p><u>April 02</u> AM: Bagel, Whole Grain Sliced w/ Butter, 1/2ea Fresh Orange Wedges, 4pcs TT: Pears in Juice PM: Townhouse Crackers, 4ea Cream Cheese, 1/2oz</p>	<p><u>April 03</u> AM: Krispie Rice Cereal, 1/2c Fresh Banana, 1/2e PM: Cheddar Cheese Stick, 1ea Fresh Apple, 1/2ea TT: All Natural Applesauce</p>	<p><u>April 04</u> AM: Vanilla Yogurt, 1/2c Homemade Granola, 1/4c Fresh Orange Wedges, 4pcs TT: Diced Mixed Melons PM: Fresh Baby Carrots, 1/2c Ranch Dip Whole Grain Cheese Goldfish, 1/3c TT: Pears in Juice</p>	<p><u>April 05</u> AM: Zucchini Bread, 1sl Fresh Diced Honey Dew Melon, 1sl TT: Diced Honey Dew Melon PM: String Cheese, 1ea Fresh Banana, 1/2e TT: Cheddar Cheese Slice</p>
<p><u>April 08</u> AM: Krispie Rice Cereal, 1/2c Fresh Apple, 1/2ea TT: Pears in Juice PM: Quinoa Chips NON-GMO, 1/3c Mandarin Oranges, 1/2c TT: Graham Crackers</p>	<p><u>April 09</u> AM: Whole Grain Banana Muffin, 1ea Fresh Orange Wedges, 4pcs TT: Peaches in Juice PM: Saltines, 4ea Cream Cheese, 1/2oz</p>	<p><u>April 10</u> AM: Corn Chex Cereal (GF), 1/2c Fresh Banana, 1/2ea TT: Toastio's Cereal PM: Fresh Apple Slices, 1/2ea SunButter, 1TBSP TT: Townhouse Crackers</p>	<p><u>April 11</u> AM: Strawberry Yogurt, 1/2c Homemade Granola, 1/4c Fresh Banana, 1/2ea PM: Monterey Jack Cheese, 1sl Fresh Fruit Salad TT: Diced Mixed Melons</p>	<p><u>April 12</u> AM: Blueberry Bread, 1sl Fresh Diced Cantaloupe, 1sl TT: Diced Fresh Cantaloupe PM: Whole Grain Goldfish, 1pkt Fresh Orange Wedges, 4 pcs TT: Pears in Juice</p>
<p><u>April 15</u> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c</p>	<p><u>April 16</u> AM: Bagel, Whole Grain Sliced w/ Butter, 1/2ea Fresh Orange Wedges, 4pcs TT: Pears in Juice PM: Graham Crackers, 2ea Cream Cheese, 1/2oz</p>	<p><u>April 17</u> AM: Krispie Rice Cereal, 1/2c Fresh Banana, 1/2e PM: Mini Pretzels, 1/3c Fresh Apple, 1/2ea TT: All Natural Applesauce TT: Townhouse Crackers, 4ea</p>	<p><u>April 18</u> AM: Vanilla Yogurt, 1/2c Homemade Granola, 1/4c Fresh Orange Wedges, 4pcs TT: Diced Mixed Melons PM: Fresh Baby Carrots, 1/2c Ranch Dip Whole Grain Cheese Goldfish, 1/3c TT: Pears in Juice</p>	<p><u>April 19</u> AM: Zucchini Bread, 1sl Fresh Diced Honey Dew Melon, 1sl TT: Diced Honey Dew Melon PM: String Cheese, 1ea Fresh Banana, 1/2e TT: Cheddar Cheese Slice</p>
<p><u>April 22</u> AM: Krispie Rice Cereal, 1/2c Fresh Apple, 1/2ea TT: Pears in Juice PM: Quinoa Chips NON-GMO, 1/3c Mandarin Oranges, 1/2c TT: Townhouse Crackers</p>	<p><u>April 23</u> AM: Whole Grain Banana Muffin, 1ea Fresh Orange Wedges, 4pcs TT: Peaches in Juice PM: Saltines, 4ea Cream Cheese, 1/2oz</p>	<p><u>April 24</u> AM: Corn Chex Cereal (GF), 1/2c Fresh Banana, 1/2ea TT: Toastio's Cereal PM: Sunbutter & Jelly Sandwich, 1/2ea Milk, 1/2c</p>	<p><u>April 25</u> AM: Strawberry Yogurt, 1/2c Homemade Granola, 1/4c Fresh Banana, 1/2ea PM: Stacy's Pita chips, 1/2pkt Fresh Fruit Salad TT: Townhouse Crackers TT: Diced Mixed Melons</p>	<p><u>April 26</u> AM: Blueberry Bread, 1sl Fresh Diced Cantaloupe, 1sl TT: Fresh Diced Cantaloupe PM: Whole Grain Goldfish, 1pkt Fresh Orange Wedges, 4 pcs TT: Pears in Juice</p>
<p><u>April 29</u> AM: Toastio's Cereal, 1/2c Fresh Apple, 1/2ea TT: All Natural Applesauce PM: Whole Wheat Pita, 1/2ea Pears in Juice, 1/2c</p>	<p><u>April 30</u> AM: Bagel, Whole Grain Sliced w/ Butter, 1/2ea Fresh Orange Wedges, 4pcs TT: Pears in Juice PM: Townhouse Crackers, 4ea Cream Cheese, 1/2oz</p>			<p>Fairfax Food Service & Caterers P.O. Box 418 Newington, Va. 22122 703-550-1820</p> <p>Whole Grains Fresh Fruit NO HFC Ketchup/Syrup</p>

Milk served with AM to meet Breakfast requirements. 1% & Whole milk for TT
Fairfax Food Service & Caterers