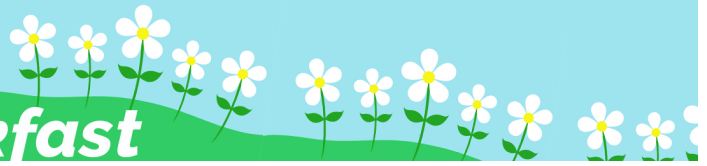




# APRIL

## Breakfast



### THE INTERGENERATIONAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 3, 2017</b> BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD Craisins Blended Fruit Juice Choice of Milk	<b>April 4, 2017</b> CHICKEN BISCUIT Mixed Fruit Cup Grape Juice Honey Choice of Milk	<b>April 5, 2017</b> COCOA PUFFS Maple Breakfast Square Fresh Fruit Choice of Milk	<b>April 6, 2017</b> MAPLE PANCAKES Fresh Fruit Orange Juice Choice of Milk	<b>April 7, 2017</b> VANILLA YOGURT Cherry Mini Loaf Fresh Fruit Choice of Milk
<b>April 10, 2017</b> APPLE JACKS REDUCED SUGAR Cherry Breakfast Bar Craisins Orange Juice Choice of Milk	<b>April 11, 2017</b> FRENCH TOAST STICKS Grape Juice Pineapple Tidbits Syrup Choice of Milk	<b>April 12, 2017</b> BEEF SAUSAGE SLIDER Fresh Fruit Ketchup Choice of Milk	<b>April 13, 2017</b> BREAKFAST BURRITO Fresh Fruit Blended Fruit Juice Taco Sauce Choice of Milk	<b>April 14, 2017</b> NO SCHOOL
<b>April 17, 2017</b> NO SCHOOL	<b>April 18, 2017</b> TURKEY HAM & CHEESE ON ENGLISH MUFFIN Diced Peaches Blended Fruit Juice Choice of Milk	<b>April 19, 2017</b> FROSTED FLAKES (LOW SUGAR) French Toast Breakfast Bar Fresh Fruit Choice of Milk	<b>April 20, 2017</b> WAFFLES Fresh Fruit Orange Juice Syrup Choice of Milk	<b>April 21, 2017</b> RICE KRISPIES Graham Crackers Fresh Fruit Choice of Milk
<b>April 24, 2017</b> FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Choice of Milk	<b>April 25, 2017</b> WHOLE GRAIN PANCAKES Diced Pears Orange Juice Syrup Choice of Milk	<b>April 26, 2017</b> MOZZARELLA STRING CHEESE Blueberry Muffin Fresh Fruit Choice of Milk	<b>April 27, 2017</b> CHICKEN BISCUIT Fresh Fruit Blended Fruit Juice Honey Choice of Milk	<b>April 28, 2017</b> GOLDEN GRAHAM CEREAL Cinnamon Sky Minis Fresh Fruit Choice of Milk

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* This institution is an equal opportunity provider.

Look for our  
featured lunch days:



## Nutritional Information: THE INTERGENERATIONAL SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-03-2017	BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD	242	10	6	0	25	541	27	3	4	11	60	0	180	1	MMA:1oz G/B:2sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-04-2017	CHICKEN BISCUIT	265	10	2	0	12	535	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.5sv WG
	Mixed Fruit Cup	64	0	0	0	0	4	16	1	13	2	8	4	8	0	F:1/2c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-05-2017	COCOA PUFFS	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
	Maple Breakfast Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-06-2017	MAPLE PANCAKES	180	4	2	0	5	240	32	2	8	4	0	0	60	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-07-2017	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Cherry Mini Loaf	171	5	0	0	0	213	30	1	14	2	19	0	40	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-10-2017	APPLE JACKS REDUCED SUGAR	110	1	0	0	0	160	24	3	8	2	80	12	0	4	G/B:1sv WG
	Cherry Breakfast Bar	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-11-2017	FRENCH TOAST STICKS	250	9	2	0	0	300	37	4	8	7	85	8	220	3	G/B:2sv WG
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Pineapple Tidbits	68	0	0	0	0	2	16	1	14	2	4	10	14	0	F:1/2c
	Syrup	73	0	0	0	0	3	19	0	9	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-12-2017	BEEF SAUSAGE SLIDER	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

## Nutritional Information: THE INTERGENERATIONAL SCHOOL

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-13-2017	BREAKFAST BURRITO	221	9	3	0	76	418	26	3	3	10	43	0	136	2	MMA:1oz G/B:1.25sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-14-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-17-2017	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-18-2017	TURKEY HAM & CHEESE ON ENGLISH MUFFIN	207	6	3	0	28	558	25	4	2	11	30	0	175	2	MMA:1oz G/B:2sv WG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-19-2017	FROSTED FLAKES (LOW SUGAR)	100	0	0	0	0	160	24	2	7	2	150	21	0	8	G/B:1sv WG
	French Toast Breakfast Bar	170	6	2	0	0	60	27	2	9	3	0	0	20	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-20-2017	WAFFLES	130	3	0	0	0	300	24	4	2	4	0	0	80	1	G/B:2sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Syrup	73	0	0	0	0	3	19	0	9	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-21-2017	RICE KRISPIES	100	0	0	0	0	170	23	1	1	2	200	12	0	8	G/B:1sv WG
	Graham Crackers	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-24-2017	FROOT LOOPS REDUCED SUGAR	110	1	0	0	0	170	24	3	8	2	80	12	0	4	G/B:1sv WG
	Strawberry Pancake Square	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Grape Juice	60	0	0	0	0	20	14	0	16	0	0	30	0	0	F:1/2c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-25-2017	WHOLE GRAIN PANCAKES	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Diced Pears	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	0	F:1/2c
	Syrup	73	0	0	0	0	3	19	0	9	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-26-2017	MOZZARELLA STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Blueberry Muffin	172	6	0	0	0	170	29	2	11	3	0	0	31	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-27-2017	CHICKEN BISCUIT	265	10	2	0	12	535	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.5sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	
04-28-2017	GOLDEN GRAHAM CEREAL	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
	Cinnamon Sky Minis	120	4	0	0	0	85	21	2	6	2	0	0	20	1	G/B:1sv WG
	Fresh Fruit	0	0	0	0	0	0	0	0	0	0	0	0	0	0	F:1c
	Choice of Milk	121	2	1	0	8	102	20	0	19	8	142	0	296	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain  
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other