


# April 2022| MENU

## Rise Academy

### Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 <u>Breakfast</u> Yogurt Cup with WG Granola ✓ Fruit <u>Lunch</u> Baked Fish Filet Sandwich on WG Bun ✓ Fresh Tossed Salad ✓ Fruit
04 <u>Breakfast</u> WG Banana Muffin ✓ Fruit <u>Lunch</u> WG Cheese Pizza ✓ Buttered Corn ✓ Fruit	05 <u>Breakfast</u> Yogurt Cup with WG Granola ✓ Fruit <u>Lunch</u> Beef Taco Brown Rice Bowl WG Tortilla Chips Black Beans ✓ Fruit	06 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Fruit <u>Lunch</u> WG Double Cheese Mac & Cheese ✓ WG Dinner Roll Seasoned Carrots ✓ Fruit	07 <u>Breakfast</u> Apple Cinnamon Oatmeal Rounds ✓ Fruit <u>Lunch</u> Smoked Turkey & Cheese on WG Sub Bun Baked Potato Tots ✓ Fruit	08 <u>Breakfast</u> WG Cereal ✓ Fruit <u>Lunch</u> Baked Fish Filet Sandwich on WG Bun ✓ Fresh Tossed Salad ✓ Fruit
11 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Fruit <u>Lunch</u> Hamburger on WG Bun Fresh Baby Carrots ✓ Fruit	12 <u>Breakfast</u> WG Banana Muffin ✓ Fruit <u>Lunch</u> WG Grilled Chicken Soft Tacos Queso Dip ✓ Ranch Style Pinto Beans ✓ Fruit	13 <u>Breakfast</u> Apple Cinnamon Oatmeal Rounds ✓ Fruit <u>Lunch</u> Yogurt Box with WG Granola ✓ Fresh Baked Biscuit Baked Sweet Potato Fries ✓ Fruit	14 <u>Breakfast</u> Yogurt Cup with WG Granola ✓ Fruit <u>Holiday Lunch</u> Glazed Ham WG Dinner Roll Homestyle Mashed Potatoes ✓ Garlic Green Beans ✓ Baked Apples	15 EASTER 
18 <u>Breakfast</u> WG Banana Muffin ✓ Fruit <u>Lunch</u> WG Pepperoni & Cheese Calzone Savory Green Beans ✓ COOL TROPICS Frozen 100% Fruit Slush	19 <u>Breakfast</u> Yogurt Cup with WG Granola ✓ Fruit <u>Lunch</u> Beef Nachos with WG Tortilla Chips Black Beans ✓ Fruit	20 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Fruit <u>Lunch</u> Hamburger on WG Bun Cucumber Sticks with Dip ✓ Fruit	21 <u>Breakfast</u> Apple Cinnamon Oatmeal Rounds ✓ Fruit <u>Lunch</u> Brunch Totchos ✓ Fresh Baked WG Biscuit Creamy Spinach ✓ Fruit	22 <u>Breakfast</u> Yogurt Cup with WG Granola ✓ Fruit <u>Lunch</u> Baked Fish & Chips WG Hushpuppies Fresh Baby Carrots ✓ Fruit
25 <u>Breakfast</u> WG Banana Muffin ✓ Fruit <u>Lunch</u> WG Cheese Pizza ✓ Buttered Corn ✓ Fruit	26 <u>Breakfast</u> Yogurt Cup with WG Granola ✓ Fruit <u>Lunch</u> Beef Taco Rice Bowl WG Tortilla Chips Black Beans ✓ Fruit	27 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Fruit <u>Lunch</u> WG Double Cheese Mac & Cheese ✓ WG Dinner Roll Seasoned Carrots ✓ Fruit	28 <u>Breakfast</u> Apple Cinnamon Oatmeal Rounds ✓ Fruit <u>Lunch</u> Smoked Turkey & Cheese Sub Baked Potato Tots ✓ Fruit	29 <u>Breakfast</u> WG Cheerios ✓ Fruit <u>Lunch/Manager's Choice</u> Entrée with Grains Vegetable (2) Fruit

**Breakfast includes:** Entrée, 1 cup fruit & milk.

**Lunch includes:** Entrée with grain/bread, 1 cup vegetables, ½ cup fruit & milk.

*"V" Symbolizes the daily vegetarian options*

Menu selection is subject to change at any time.

