

April 15 -Classic Menu

Rochdale Early Advantage Charter School

|           | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|-----------|--|--|--|--|---|
| BREAKFAST | Red Rabbit O's WG<br>Cereal<br>Cantaloupe<br>1% & Fat Free Milk  | WG Breakfast Egg<br>Sandwich<br>Bananas<br>1% & Fat Free Milk  | Mini Bagels WG<br>Cream Cheese<br>Oranges<br>1% & Fat Free Milk  | WG Oatmeal<br>Clementine<br>1% & Fat Free Milk   | Cinnamon Bread WG<br>Melon  |
| LUNCH     | WG Chicken Alfredo<br>Pasta w/ Mozz Cheese<br>Garlic Green Peas<br>Roasted Red Peppers<br>Apples<br>1% & Fat Free Milk   | Southwestern Beef<br>Tacos<br>WW Tortillas<br>Bean Salsa<br>Fiesta Corn Salad<br>Oranges<br>1% & Fat Free Milk | General Tso's Chicken<br>WG Lo Mein Noodles<br>Roasted Carrots<br>Roasted Broccoli<br>Grapes<br>1% & Fat Free Milk | Turkey Keema<br>WG Seasoned Rice<br>Curry Potatoes<br>Spiced Green Peas<br>Pears<br>1% & Fat Free Milk | 3-Cheese Baked Ziti WG<br>w/ Mozz<br>WG Pretzel Sticks<br>Fresh Garden Salad<br>Roasted Tomato and<br>Broccoli<br>Pineapple |
| SNACK     |  |  |  |  |   |
|           | WG=Whole Grain<br>A whole grain is a grain that has not had its nutrient -rich germ<br>and bran removed, and therefore does not need enrichment.<br>These menu items contain at least 50 percent whole grains. |  |  |  |   |