

April 15 -Classic Menu

Rochdale Early Advantage Charter School

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