



# ROCKING HORSE ACADEMY MENU



## April 20<sup>th</sup>-April 24<sup>th</sup>

| Week 1               | MONDAY                                                              | TUESDAY                                                                            | WEDNESDAY                                                                   | THURSDAY                                                                               | FRIDAY                                                                 |
|----------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| AM SNACK             | Pancakes<br>Strawberry Preserves<br>Fruit Milk                      | Kolache<br>Fruit Milk                                                              | Cereal<br>Banana Milk                                                       | Yogurt<br>Berries<br>Water                                                             | Banana Bread<br>Fruit Milk                                             |
| LUNCH                | Chicken Nuggets<br>Mashed Potatoes w/Gravy<br>Corn<br>Pears<br>Milk | Beef Soft Tacos,<br>Lettuce & Tomato Salad<br>Refried Beans<br>Diced Mango<br>Milk | Sliced Turkey w/Gravy<br>Dinner Roll<br>Green Beans<br>Strawberries<br>Milk | Beef-A-Roni<br>+2 Fresh Spinach Salad<br>-2 Mixed Vegetables<br>Fruit Cocktail<br>Milk | Ham & Cheese Sandwich<br>Sweet Potato Tots/Fries<br>Pineapples<br>Milk |
| PRE-K PM SNACK       | Ritz Crackers<br>Cheese Cubes<br>Water                              | Sun-Butter<br>Apple Slices<br>Water                                                | Bagels<br>Cream Cheese<br>Fruit<br>Water                                    | +2 Sugar Snap Peas w/Ranch<br>-2 Carrots<br>Cheese Stick<br>Water                      | +2 Graham Crackers<br>-2 Animal Crackers<br>Applesauce<br>Water        |
| CORRAL KIDS PM SNACK | Ritz Crackers<br>Cheese Cubes<br>Water                              | Sun-Butter<br>Apple Slices<br>Water                                                | Bagels<br>Cream Cheese<br>Fruit<br>Water                                    | Sugar Snap Peas w/Ranch<br>Cheese Stick<br>Water                                       | Popcorn<br>Pickles<br>Water                                            |

## April 27<sup>th</sup> - May 1<sup>st</sup>

| Week 2               | MONDAY                                                              | TUESDAY                                                                                                    | WEDNESDAY                                                          | THURSDAY                                                 | FRIDAY                                                      |
|----------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------|
| AM SNACK             | Cereal<br>Fruit Milk                                                | Ham & Cheese Toast<br>Fruit Milk                                                                           | Oatmeal<br>Berries<br>Milk                                         | Sausage Link<br>English Muffin w/Jelly<br>Milk           | Cinnamon Muffin<br>Strawberries<br>Milk                     |
| LUNCH                | Pepperoni Pizza<br>Cucumber & Tomato Salad<br>Orange Slices<br>Milk | Chicken Noodle Soup<br>+2 Fresh Garden Salad w/ Ranch<br>-2 Roasted Zucchini Sticks<br>Fresh Melon<br>Milk | Meat Balls w/Gravy<br>Noodles<br>Peas & Carrots<br>Peaches<br>Milk | Cheeseburger<br>Sweet Potato Tots/Fries<br>Pears<br>Milk | 1/2 Turkey & Cheese Wrap<br>Veggies Sticks<br>Fruit<br>Milk |
| PRE-K PM SNACK       | Goldfish<br>Apple Slices<br>Water                                   | Veggie Sticks w/Greek Yogurt<br>Ranch Dip<br>Water                                                         | 1/2 Sun-Butter & Jelly Sandwich<br>Apple Slices<br>Water           | Pretzels<br>+2 Grapes<br>-2 Apricots<br>Water            | Trail Mix<br>Orange Slices<br>Water                         |
| CORRAL KIDS PM SNACK | Goldfish<br>Apple Slices<br>Water                                   | Veggie Sticks w/Greek Yogurt<br>Ranch Dip<br>Water                                                         | 1/2 Sun-Butter & Jelly Sandwich<br>Apple Slices<br>Water           | Pretzels<br>Grapes<br>Water                              | Trail Mix<br>Orange Slices<br>Water                         |