

EZ Menus Planned for Week of 03/31/2024 thru 04/06/2024

Family Resources, Inc.

March 31, 2024	April 01, 2024	April 02, 2024	April 03, 2024	April 04, 2024	April 05, 2024	April 06, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
X - Cheerios (WG)(045) Bananas-C (004) Whole, 1%, or (1)	X - Cheerios (WG)(045) Bananas-C (004) Whole, 1%, or (1)	X - Toast - W (WG)(265) Peaches-AC (028) Whole, 1%, or (1)	Breakfast X - Cheex-Blueberr (241) Peaches-AC (028) Whole, 1%, or (1)	X - Cheerios (WG)(045) Pears-C (030) Whole, 1%, or (1)	X - Mini Whea (WG)(227) Raisins (034) Whole, 1%, or (1)	Pork Sausage (112) X - Toast - W (WG)(265) Honeydew Melo (020) Whole, 1%, or (1)
X - Goldfish (WG)(257) Peaches-AC (028)	X - Goldfish (WG)(257) Peaches-AC (028)	X - RitZ Crac (WG)(243) Strawberries (038)	AM Snack X - Bagels - (WG)(223) Bananas-C (004)	Peanut Butter (140) X - Toast - W (WG)(265) Mandarin Oran (023)	String Cheese (107) X - RitZ Crac (WG)(243)	X - Total - W (WG)(085) Whole, 1%, or (1)
Beef Kielbasa (004) X - Wheat Bre (WG)(083) Peas-AC (185) Mashed Potato (234) Whole, 1%, or (1)	Roast Turkey (113) X - Wheat Bre (WG)(083) Peas-AC (185) Mashed Potato (234) Whole, 1%, or (1)	Chicken (025) X - Wheat Bre (WG)(083) Tangerines-AC (040) Whole, 1%, or (1)	Lunch Pork Chops / (053) X - Wheat Bre (WG)(083) Broccoli-AC (158) Potato Wedges (280) Whole, 1%, or (1)	Calfish (040) X - Brown Ric (WG)(100) Mixed Vegetab (177) Cole Slaw (166) Whole, 1%, or (1)	Ham (051) X - Wheat Bre (WG)(083) Turnips (263) Apples-C (001) Whole, 1%, or (1)	Chicken Sausa (035) X - Noodles-P (WG)(260) Tomato Sauce- (248) Green Beans-C (172) Whole, 1%, or (1)
Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Sunchips (WG)(041) Fruit Cocktail (015)	PM Snack Yogurt (150) Strawberries (038)	Egg-Whole (135) X - Waffles - (WG)(262)	X - Waffles - (WG)(262) Strawberries (038)	X - Goldfish (WG)(257) Peaches-AC (028)
Beef Kielbasa (004) X - Brown Ric (WG)(100) Sweet Potato/ (241) Green Beans-C (172) Whole, 1%, or (1)	Roast Turkey (113) Stuffing / Dr (105) Sweet Potato/ (241) Green Beans-C (172) Whole, 1%, or (1)	Chicken (025) X - Brown Ric (WG)(100) Green Beans-C (172) Mixed Fresh F (100) Whole, 1%, or (1)	Dinner Pork Chops / (053) X - Brown Ric (WG)(100) Com-C (168) Applesauce (002) Whole, 1%, or (1)	Calfish (040) X - Wheat Bre (WG)(083) Green Beans-C (172) Fruit Salad (016) Whole, 1%, or (1)	Ham (051) X - Noodles-P (WG)(260) Mixed Vegetab (177) Pineapple-C (031) Whole, 1%, or (1)	Chicken Sausa (035) X - Whole Gra (WG)(138) Tomatoes, Fre (250) Lettuce, Roma (264) Whole, 1%, or (1)
X - English M (WG)(258) Mixed Fresh F (100)	X - English M (WG)(258) Mixed Fresh F (100)	Graham Cracke (081) Whole, 1%, or (1)	Evening Snack X - English M (WG)(258) Pears-C (030)	Cheddar Chees (086) X - Crackers (WG)(035)	X - Kix - WGR (WG)(137) Whole, 1%, or (1)	X - Toast - W (WG)(265) Bananas-C (004)

EZ Menus Planned for Week of 04/07/2024 thru 04/13/2024

Family Resources, Inc.

April 07, 2024	April 08, 2024	April 09, 2024	April 10, 2024	April 11, 2024	April 12, 2024	April 13, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
X - Oatmeal-W (WG)(047) Honeydew Melo (020) Whole, 1%, or (1)	X - Toast - W (WG)(265) Fruit Cocktail (015) Whole, 1%, or (1)	X - Chex-Whea (WG)(063) Fruit Salad (016) Whole, 1%, or (1)	Breakfast X - Waffles - (WG)(262) Fruit Cocktail (015) Whole, 1%, or (1)	X - Pancakes (WG)(261) Applesauce (002) Whole, 1%, or (1)	X - Toast - W (WG)(265) Cantaloupe-AC (008) Whole, 1%, or (1)	X - Cream of (WG)(044) Mandarin Oran (023) Whole, 1%, or (1)
X - Rice Cake (WG)(102) Mixed Fresh F (100)	Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	Cheddar Chees (086) X - Crackers (WG)(035)	AM Snack X - Wheat Thi (WG)(256) Bananas-C (004)	Hummus (123) Bagel Chips (240)	Cheddar Chees (086) X - Crackers (WG)(035) Pears-C (030)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Salisbury Ste (017) X - Brown Ric (WG)(100) Carrots-AC (163) Fruit Cocktail (015) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce- (248) Garden Salad (243) Whole, 1%, or (1)	Chicken Breas (027) X - Brown Ric (WG)(100) Spinach-AC (205) Pineapple-C (031) Whole, 1%, or (1)	Lunch Tuna (046) X - Wheat Bre (WG)(083) Peas and Carr (186) Fruit with Je (021) Whole, 1%, or (1)	Beef Stew Mea (081) X - Wheat Bre (WG)(083) Carrots-AC (163) Mashed Potato (234) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083) Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Ham (051) X - Brown Ric (WG)(100) Butternut Squ (161) Mixed Fresh F (100) Whole, 1%, or (1)
X - Crackers (WG)(035) Oranges-C (026)	X - Ritz Crac (WG)(243) Applesauce (002)	Corn Dog (012) Breading (003) Pears-C (030)	PM Snack Animal Cracke (054) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Peaches-AC (028)	X - Kix - WGR (WG)(137) Whole, 1%, or (1)	X - Ritz Crac (WG)(243) Cucumbers-C (170)
Salisbury Ste (017) X - Wheat Bre (WG)(083) Peas-AC (185) Peaches-AC (028) Whole, 1%, or (1)	Beef Ground (003) X - Whole Gra (WG)(138) Pinto Beans (224) Lettuce, Roma (264) Whole, 1%, or (1)	Chicken Breas (027) X - Whole Gra (WG)(138) Peppers, Gree (262) Bananas-C (004) Whole, 1%, or (1)	Dinner Tuna (046) X - Noodles-P (WG)(260) Peas-AC (185) Cantaloupe-AC (008) Whole, 1%, or (1)	Beef Stew Mea (081) X - Whole Gra (WG)(138) Peas and Carr (186) Bananas-C (004) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Ham (051) X - Wheat Bre (WG)(083) Sweet Potato/ (241) Pineapple-C (031) Whole, 1%, or (1)
X - Waffles - (WG)(262) Strawberries (038)	Yogurt (150) X - Granola - (WG)(252)	Hummus (123) X - Pretzels (WG)(263)	Evening Snack X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Sunchips (WG)(041) Raisins (034)	Yogurt (150) X - Wheat Thi (WG)(256) Strawberries (038)	X - Cheerios (WG)(045) Whole, 1%, or (1)

EZ Menus Planned for Week of 04/14/2024 thru 04/20/2024

Family Resources, Inc.

April 14, 2024 Sun	April 15, 2024 Mon	April 16, 2024 Tue	April 17, 2024 Wed	April 18, 2024 Thu	April 19, 2024 Fri	April 20, 2024 Sat
X - Kix - WGR (WG)(137) Oranges-C (026) Whole, 1%, or (1)	X - English M (WG)(258) Honeydew Melo (020) Whole, 1%, or (1)	X - Toast - W (WG)(265) Pears-C (030) Whole, 1%, or (1)	Breakfast Pork Sausage (112) X - Toast - W (WG)(265) Oranges-C (026) Whole, 1%, or (1)	Chex-Blueberr (241) Pears-C (030) Whole, 1%, or (1)	X - Pancakes (WG)(261) Bananas-C (004) Whole, 1%, or (1)	X - Kix - WGR (WG)(137) Cantaloupe-AC (008) Whole, 1%, or (1)
Cheddar Chees (086) X - Bagels - (WG)(223)	X - Goldfish (WG)(257) Fruit Salad (016)	Muffins/Quick (237) Whole, 1%, or (1)	AM Snack X - Oatmeal S (WG)(246) Whole, 1%, or (1)	Cheddar Chees (086) Bagel (001) Apples-C (001)	Yogurt (150) Peaches-AC (028)	X - Sunchips (WG)(041) Apples-C (001)
Steak (018) X - Wheat Bre (WG)(083) Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	Beef Kielbasa (004) X - Wheat Bre (WG)(083) Cabbage-C (162) Fruit Cocktail (015) Whole, 1%, or (1)	Cod (041) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Lunch Roast Beef (016) X - Wheat Bre (WG)(083) Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	Beef Ground (003) X - Noodles-P (WG)(260) Tomato Sauce - (248) Garden Salad (243) Whole, 1%, or (1)	Egg-Whole (135) X - Toast - W (WG)(265) Peppers, Gree (262) Pears-C (030) Whole, 1%, or (1)	Beef Stew Mea (081) X - Wheat Bre (WG)(083) Carrots-AC (163) Honeydew Melo (020) Whole, 1%, or (1)
P B & Cheese (142) X - Toast - W (WG)(265)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	X - Sunchips (WG)(041) Mixed Fresh F (100)	PM Snack X - Cheezits (WG)(266) Pears-C (030)	Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Pretzels (WG)(263) Applesauce (002)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Steak (018) X - Whole Gra (WG)(138) Peppers, Gree (262) Fruit Salad (016) Whole, 1%, or (1)	Beef Kielbasa (004) X - Brown Ric (WG)(100) Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	Cod (041) X - Wheat Bre (WG)(083) Pears-AC (185) Tater Totis-C (242) Whole, 1%, or (1)	Dinner Roast Beef (016) X - Brown Ric (WG)(100) Plantain (Gre (200) Black Beans (214) Whole, 1%, or (1)	Beef Ground (003) X - Brown Ric (WG)(100) Turnip Greens (210) Fruit Cocktail (015) Whole, 1%, or (1)	Egg-Whole (135) X - Whole Gra (WG)(138) Pears-AC (185) Strawberries (038) Whole, 1%, or (1)	Beef Stew Mea (081) X - Noodles-P (WG)(260) Carrots-AC (163) Green Beans-C (172) Whole, 1%, or (1)
X - Rice Cake (WG)(102) Apples-C (001)	X - Toast - W (WG)(265) Cantaloupe-AC (008)	Colby Cheese (088) X - Crackers (WG)(035)	Evening Snack X - Waffles - (WG)(262) Applesauce (002)	X - Cheezits (WG)(266) Mandarin Oran (023)	String Cheese (107) Crackers (WG)(035)	X - Wheat Thi (WG)(256) Mandarin Oran (023)

EZ Menus Planned for Week of 04/21/2024 thru 04/27/2024

Family Resources, Inc.

April 21, 2024	April 22, 2024	April 23, 2024	April 24, 2024	April 25, 2024	April 26, 2024	April 27, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
X - Bagels - (WG)(223) Fruit Cocktail (015) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Mixed Fresh F (100) Whole, 1%, or (1)	Egg-Whole (135) Grits (046) Peas-C (030) Whole, 1%, or (1)	Breakfast X - Total - W (WG)(085) Apples-C (001) Whole, 1%, or (1)	Cheddar Chees (086) Corn Tortilla (107) Pinto Beans (224) Whole, 1%, or (1)	X - Waffles - (WG)(262) Applesauce (002) Whole, 1%, or (1)	X - Oatmeal-W (WG)(047) Bananas-C (004) Whole, 1%, or (1)
X - Goldfish (WG)(257) Cantaloupe-AC (008)	Animal Crackie (054) Whole, 1%, or (1)	X - Goldfish (WG)(257) Peaches-AC (028)	AM Snack X - Wheat Thi (WG)(256) Cantaloupe-AC (008)	X - Toast - W (WG)(265) Fruit Salad (016)	X - Rice Cake (WG)(102) Mixed Fresh F (100)	X - Wheat Thi (WG)(256) Fruit Cocktail (015)
Turkey Meatba (072) X - Noodles-P (WG)(260) Tomato Sauce- (248) Peppers, Gree (262) Whole, 1%, or (1)	Cheeseburger (062) Hamburger Bun (018) French Fries- (231) Watermelon-AC (041) Whole, 1%, or (1)	Fish Filets (111) X - Wheat Bre (WG)(083) Broccoli-AC (158) Oranges-C (026) Whole, 1%, or (1)	Lunch Chicken Roast (034) X - Wheat Bre (WG)(083) Butternut Squ (161) Peas-AC (185) Whole, 1%, or (1)	Roast Beef (016) X - Wheat Bre (WG)(083) Sweet Potato/ (241) Green Beans-C (172) Whole, 1%, or (1)	Spare Ribs (061) X - Brown Ric (WG)(100) Corn-C (168) Green Beans-C (172) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260) Tomatoes, Fre (250) Garden Salad (243) Whole, 1%, or (1)
X - Ritz Crac (WG)(243) Peaches-AC (028)	X - Cheezits (WG)(266) Mandarin Oran (023)	X - Ritz Crac (WG)(243) Bananas-C (004)	PM Snack X - Crackers (WG)(035) Peaches-AC (028)	X - Whole Gra (WG)(138) Peaches-AC (028)	Pumpkin Bread (134) Whole, 1%, or (1)	Peanut Butter (140) X - Whole Gra (WG)(138) Bananas-C (004)
Turkey Meatba (072) X - Brown Ric (WG)(100) Garden Salad (243) Tomato Sauce- (248) Whole, 1%, or (1)	Beef Lunchmea (082) X - Wheat Bre (WG)(083) Baked Beans (213) Watermelon-AC (041) Whole, 1%, or (1)	Fish Filets (111) X - Brown Ric (WG)(100) Cole Slaw (166) Mandarin Oran (023) Whole, 1%, or (1)	Dinner Chicken Roast (034) X - Noodles-P (WG)(260) Peas and Carr (186) Mandarin Oran (023) Whole, 1%, or (1)	Roast Beef (016) X - Noodles-P (WG)(260) Peas and Carr (186) Mandarin Oran (023) Whole, 1%, or (1)	Turkey & Chee (048) X - Wheat Bre (WG)(083) Spinach-AC (205) Peaches-AC (028) Whole, 1%, or (1)	Turkey Meatba (072) X - Brown Ric (WG)(100) Peppers, Gree (262) Fruit Cocktail (015) Whole, 1%, or (1)
X - Wheat Thi (WG)(256) Mixed Fresh F (100)	Cheese (087) X - Crackers (WG)(035)	X - English M (WG)(258) Mixed Fresh F (100)	Evening Snack Peanut Butter (140) X - Wheat Bre (WG)(083) Whole, 1%, or (1)	X - Sunchips (WG)(041) Honeydew Melo (020)	X - Cheerios (WG)(045) Whole, 1%, or (1)	X - Goldfish (WG)(257) Whole, 1%, or (1)

EZ Menus Planned for Week of 04/28/2024 thru 05/04/2024

Family Resources, Inc.

April 28, 2024	April 29, 2024	April 30, 2024	May 01, 2024	May 02, 2024	May 03, 2024	May 04, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat

Breakfast

X - Cheerios (WG)(045)
 Bananas-C (004)
 Whole, 1%, or (1)

X - Toast - W (WG)(265)
 Peaches-AC (028)
 Whole, 1%, or (1)

X - Oatmeal S (WG)(246)
 Oranges-C (026)
 Whole, 1%, or (1)

AM Snack

X - Goldfish (WG)(257)
 Peaches-AC (028)

X - Ritz Crac (WG)(243)
 Grapes (018)

X - Bagels - (WG)(223)
 Bananas-C (004)

Lunch

Beef Kielbasa (004)
 X - Wheat Bre (WG)(083)
 Peas-AC (185)
 Mashed Potato (234)
 Whole, 1%, or (1)

Chicken Frank (028)
 X - Wheat Bre (WG)(083)
 Peas-AC (185)
 Sweet Potato (240)
 Whole, 1%, or (1)

Pork Chops / (053)
 X - Wheat Bre (WG)(083)
 Broccoli-AC (158)
 Potato Wedges (280)
 Whole, 1%, or (1)

PM Snack

Peanut Butter (140)
 X - Wheat Bre (WG)(083)
 Whole, 1%, or (1)

X - Sunchips (WG)(041)
 Fruit Cocktail (015)

Yogurt (150)
 Strawberries (038)

Dinner

Beef Kielbasa (004)
 X - Brown Ric (WG)(100)
 Sweet Potato (241)
 Green Beans-C (172)
 Whole, 1%, or (1)

Chicken (025)
 X - Brown Ric (WG)(100)
 Broccoli-AC (158)
 Mixed Fresh F (100)
 Whole, 1%, or (1)

Pork Chops / (053)
 X - Brown Ric (WG)(100)
 Corn-C (168)
 Applesauce (002)
 Whole, 1%, or (1)

Evening Snack

X - English M (WG)(258)
 Mixed Fresh F (100)

X - Toast - W (WG)(265)
 Peas-C (030)

Graham Cracke (081)
 Whole, 1%, or (1)