# Menu for the Month of April 2019
from the UNMCC Kitchen

<table>
<thead>
<tr>
<th>MEALS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Rice Chex</td>
<td>2 WW English Muffin</td>
<td>3 Yogurt</td>
<td>4 Matt O Meal</td>
<td>5 Pancakes</td>
</tr>
<tr>
<td></td>
<td>Strawberries</td>
<td>Apples</td>
<td>Blueberry/Granola</td>
<td>Oranges</td>
<td>Berry Blend</td>
</tr>
<tr>
<td>LUNCH</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
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</tr>
<tr>
<td></td>
<td>Teriyaki Chicken Breast w/ WW Noodles</td>
<td>Beef/Potato Casserole</td>
<td>BBQ Pork Sandwich</td>
<td>Meat Sauce</td>
<td>Chile Beans/Cheese</td>
</tr>
<tr>
<td></td>
<td>Mixed Vegetables</td>
<td>Carrots</td>
<td>Peas</td>
<td>Broccoli</td>
<td>Carrots</td>
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<tr>
<td>VEGETARIAN</td>
<td>Hummus</td>
<td>Pineapple</td>
<td>WW Bread</td>
<td>WW Roll</td>
<td>WW Spaghetti</td>
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<tr>
<td></td>
<td>Teriyaki Noodles w/ Tofu</td>
<td>Veggie Patty/Pepper Casserole</td>
<td>Hummus</td>
<td>Veggie Patty Sauce</td>
<td>Chile Beans/Cheese</td>
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<tr>
<td>P. M. SNACK</td>
<td>Cucumbers</td>
<td>Teddy Grams</td>
<td>Tri-Colored Pasta</td>
<td>Peaches</td>
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<tr>
<td></td>
<td>Hummus</td>
<td>Mangoes</td>
<td>WW Crackers</td>
<td>WW Toast</td>
<td>Milk</td>
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<tr>
<td>BREAKFAST</td>
<td>Cream of Wheat</td>
<td>9 WW Tortilla/Canadian Bacon</td>
<td>Heart to Heart</td>
<td>Rice Chex</td>
<td>12 WW Toast</td>
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<tr>
<td></td>
<td>Peaches</td>
<td>Bananas</td>
<td>Blueberries</td>
<td>Apples/Apple sauce</td>
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<tr>
<td>LUNCH</td>
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<td>Hamburger Patty</td>
<td>WW Beef Ziti</td>
<td>Chicken Alfredo</td>
<td>Cheese Pizza</td>
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<td>WW Bun</td>
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<td>WW Linguine Noodles</td>
<td>WW Pork</td>
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<tr>
<td>P. M. SNACK</td>
<td>Veggie Burger</td>
<td>Pinto Beans</td>
<td>WW Macaroni &amp; Cheese</td>
<td>Cheese Ziti</td>
<td>WW Toast</td>
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<tr>
<td></td>
<td>Wow Butter</td>
<td>Bread Sticks</td>
<td>WW Crackers</td>
<td>WW Crackers</td>
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<td>Apples</td>
<td>Marinara</td>
<td>WW Crackers</td>
<td>WW Toast</td>
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<tr>
<td></td>
<td>Milk</td>
<td>Cheese</td>
<td>WW Crackers</td>
<td>WW Toast</td>
<td></td>
</tr>
<tr>
<td>BREAKFAST</td>
<td>15 Cheerios</td>
<td>16 WW Toast/Canadian Bacon</td>
<td>17 Rice Chex</td>
<td>18 Biscuit</td>
<td>19 Heart to Heart</td>
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<tr>
<td></td>
<td>Strawberries</td>
<td>Peaches</td>
<td>Bananas</td>
<td>Mangoes</td>
<td></td>
</tr>
<tr>
<td>LUNCH</td>
<td>Milk</td>
<td>Pinto Beans/Cheddar</td>
<td>WW Macaroni &amp; Cheese</td>
<td>WW Macaroni &amp; Cheese</td>
<td>WW Toast</td>
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<tr>
<td></td>
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<td>Squash</td>
<td>WW Meat Sauce</td>
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<td>Onions</td>
<td>WW Meat Sauce</td>
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<td>Brown Rice</td>
<td>WW Enchiladas</td>
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<tr>
<td>P. M. SNACK</td>
<td>Pinto Beans</td>
<td>WW Macaroni &amp; Cheese</td>
<td>WW Meat Sauce</td>
<td>WW Meat Sauce</td>
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<tr>
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<td>Avocado</td>
<td>Bananas</td>
<td>WW Macaroni &amp; Cheese</td>
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<td>Pita Chips</td>
<td>Yogurt</td>
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<tr>
<td>BREAKFAST</td>
<td>Hashbrowns</td>
<td>23 Cheerios</td>
<td>24 Canadian Bacon/WW English Muffin</td>
<td>25 Matt O Meal</td>
<td>26 Yogurt</td>
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<tr>
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<td>WW Tortilla</td>
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<td>Pears</td>
<td>Blueberry/Granola</td>
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<tr>
<td>LUNCH</td>
<td>Milk</td>
<td>Fish Sticks</td>
<td>WW Quesadilla</td>
<td>Lemon Pepper Chicken Breast</td>
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<td>Broccoli</td>
<td>WW Quesadilla</td>
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<tr>
<td>BREAKFAST</td>
<td>26 Rice Chex</td>
<td>30 Yogurt</td>
<td>1 Oatmeal</td>
<td>2 Heart to Heart</td>
<td>3 Hashbrowns</td>
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<td></td>
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<tr>
<td>LUNCH</td>
<td>Milk</td>
<td>WW Macaroni &amp; Cheese</td>
<td>Green Chile Beef Staw w/Potato</td>
<td>WW Grilled Cheese</td>
<td>WW Beefy Mac</td>
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<td>WW Crackers</td>
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</tbody>
</table>

*Milk is served daily for breakfast*

**The menu may change as the availability of fruits and vegetables changes**