



APRIL

SAMUELI CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
April 1, 2019	April 2, 2019	April 3, 2019	April 4, 2019	April 5, 2019
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
April 8, 2019	April 9, 2019	April 10, 2019	April 11, 2019	April 12, 2019
FRUITY CHEERIOS ^ Animal Grahams ^ Cherry Craisins Grape Juice Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Diced Peaches Orange-Tangerine Juice Choice of Milk	BANANA MUFFIN ^ String Cheese Diced Pears Fruit Punch Juice Choice of Milk	WAFFLES ^ Fresh Orange* Apple Juice Syrup Choice of Milk	Strawberry/Banana Yogurt Granola ^ Applesauce Cup Orange-Tangerine Juice Choice of Milk
April 15, 2019	April 16, 2019	April 17, 2019	April 18, 2019	April 19, 2019
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Cherry Craisins Fruit Punch Juice Choice of Milk	FRENCH TOAST STICKS ^ Syrup Orange-Tangerine Juice Mixed Fruit Cup Choice of Milk	String Cheese Tropical Mini Loaf ^ Diced Peaches Apple Juice Choice of Milk	BEEF SAUSAGE SLIDER ^ Assorted Jelly Fresh Banana Diced Pears Choice of Milk	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Orange* Applesauce Cup Choice of Milk
April 22, 2019	April 23, 2019	April 24, 2019	April 25, 2019	April 26, 2019
TRIX ^ Strawberry Pancake Square ^ Cherry Craisins Fruit Punch Juice Choice of Milk	BREAKFAST BURRITO ^ Diced Peaches Orange-Tangerine Juice Salsa Choice of Milk	String Cheese Diced Pears Apple Juice Choice of Milk Assorted Jelly BLUEBERRY MUFFIN ^	STRAWBERRY PANCAKES ^ Fresh Banana* Grape Juice Choice of Milk	CORN CHEX ^ Vanilla Waffle Square ^ Fresh Orange* Applesauce Cup Choice of Milk
April 29, 2019	April 30, 2019	May 1, 2019	May 2, 2019	May 3, 2019
COCOA PUFFS ^ Graham Crackers ^ Cherry Craisins Apple Juice Choice of Milk	PANCAKES ^ Diced Pears Orange-Tangerine Juice Syrup Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



Nutritional Information: SAMUELI CHARTER SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-01-2019	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-02-2019	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-03-2019	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-04-2019	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-05-2019	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-08-2019	FRUITY CHEERIOS ^	120	2	0	0	0	140	25	2	9	2	150	12	100	4	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Grape Juice	80	0	0	0	0	10	20	0	19	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-09-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	207	6	3	0	28	543	25	4	2	11	60	0	175	2	MMA:1oz G/B:2sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-10-2019	BANANA MUFFIN ^	166	6	0	0	0	180	27	2	8	3	1	3	22	1	G/B:1.25sv WG
	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Fruit Punch Juice	60	0	0	0	0	5	15	0	14	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-11-2019	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Fresh Orange*	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Apple Juice	60	0	0	0	0	5	14	0	13	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-12-2019	Strawberry/Banana Yogurt	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-15-2019	GOLDEN GRAHAM CEREAL ^	100	1	0	0	0	220	24	1	8	1	120	5	80	4	G/B:1sv WG
	French Toast Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Fruit Punch Juice	60	0	0	0	0	5	15	0	14	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-16-2019	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-17-2019	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Tropical Mini Loaf ^	143	4	1	0	0	178	26	1	11	2	0	2	33	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Apple Juice	60	0	0	0	0	5	14	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-18-2019	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-19-2019	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	22	2	10	2	150	6	100	4	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Orange*	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-22-2019	TRIX ^	110	2	0	0	24	140	24	1	7	1	120	5	80	4	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Fruit Punch Juice	60	0	0	0	0	5	15	0	14	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-23-2019	BREAKFAST BURRITO ^	191	8	3	0	76	333	22	2	3	9	43	0	94	2	MMA:1oz G/B:1.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-24-2019	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	5	14	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	BLUEBERRY MUFFIN ^	166	6	0	0	0	170	28	2	10	3	0	0	30	1	G/B:1.25sv WG
04-25-2019	STRAWBERRY PANCAKES ^	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Fresh Banana*	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Grape Juice	80	0	0	0	0	10	20	0	19	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-26-2019	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Orange*	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-29-2019	COCOA PUFFS ^	110	2	0	0	0	160	25	2	8	2	150	6	100	4	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	16	1	4	2	100	0	100	1	G/B:1sv WG
	Cherry Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Apple Juice	60	0	0	0	0	5	14	0	13	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-30-2019	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: SAMUELI CHARTER SCHOOL

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-01-2019	SPRING BREAK								
04-02-2019	SPRING BREAK								
04-03-2019	SPRING BREAK								
04-04-2019	SPRING BREAK								
04-05-2019	SPRING BREAK								
04-08-2019	FRUITY CHEERIOS ^								
	Animal Grahams ^	X	X					X	X
	Cherry Craisins								
	Grape Juice								
	Choice of Milk	X							
04-09-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	Diced Peaches								
	Orange-Tangerine Juice								
	Choice of Milk	X							
04-10-2019	BANANA MUFFIN ^								X
	String Cheese	X							
	Diced Pears								
	Fruit Punch Juice								
	Choice of Milk	X							
04-11-2019	WAFFLES ^	X	X					X	X
	Fresh Orange*								
	Apple Juice								
	Syrup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-12-2019	Strawberry/Banana Yogurt	X							
	Granola ^								
	Applesauce Cup								
	Orange-Tangerine Juice								
	Choice of Milk	X							
04-15-2019	GOLDEN GRAHAM CEREAL ^								X
	French Toast								
	Breakfast Square ^		X					X	X
	Cherry Craisins								
	Fruit Punch Juice								
Choice of Milk	X								
04-16-2019	FRENCH TOAST STICKS ^	X	X					X	X
	Syrup								
	Orange-Tangerine Juice								
	Mixed Fruit Cup								
	Choice of Milk	X							
04-17-2019	String Cheese	X							
	Tropical Mini Loaf ^							X	X
	Diced Peaches								
	Apple Juice								
	Choice of Milk	X							
04-18-2019	BEEF SAUSAGE SLIDER ^							X	X
	Assorted Jelly								
	Fresh Banana								
	Diced Pears								
	Choice of Milk	X							
04-19-2019	APPLE CINNAMON CHEERIOS ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Orange*								
	Applesauce Cup								
	Choice of Milk	X							
04-22-2019	TRIX ^								
	Strawberry Pancake Square ^		X					X	X
	Cherry Craisins								
	Fruit Punch Juice								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-23-2019	BREAKFAST BURRITO ^	X	X					X	X
	Diced Peaches								
	Orange-Tangerine Juice								
	Salsa								
	Choice of Milk	X							
04-24-2019	String Cheese	X							
	Diced Pears								
	Apple Juice								
	Choice of Milk	X							
	Assorted Jelly								
	BLUEBERRY MUFFIN ^								X
04-25-2019	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Banana*								
	Grape Juice								
	Choice of Milk	X							
04-26-2019	CORN CHEX ^								
	Vanilla Waffle Square ^		X					X	X
	Fresh Orange*								
	Applesauce Cup								
	Choice of Milk	X							
04-29-2019	COCOA PUFFS ^								
	Graham Crackers ^							X	X
	Cherry Craisins								
	Apple Juice								
	Choice of Milk	X							
04-30-2019	PANCAKES ^	X	X					X	X
	Diced Pears								
	Orange-Tangerine Juice								
	Syrup								
	Choice of Milk	X							