



# APRIL

## SAMUELI CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 1, 2019</b>	<b>April 2, 2019</b>	<b>April 3, 2019</b>	<b>April 4, 2019</b>	<b>April 5, 2019</b>
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
<b>April 8, 2019</b>	<b>April 9, 2019</b>	<b>April 10, 2019</b>	<b>April 11, 2019</b>	<b>April 12, 2019</b>
String Cheese Pizza Crackers ^	Honey Roasted Sunflower Seeds 100% Apple Juice	Cheddar Sun Chips ^ 100% Grape Juice	Blueberry Muffin ^ 100% Blended Fruit Juice	Peach Mini Loaf ^ Tropical Veggie Juice
<b>April 15, 2019</b>	<b>April 16, 2019</b>	<b>April 17, 2019</b>	<b>April 18, 2019</b>	<b>April 19, 2019</b>
Cheddar Goldfish Crackers Mixed Fruit Cup	Cherry Mini Loaf ^ 100% Apple Juice	Multi Grain Sun Chips ^ Tropical Veggie Juice	String Cheese Breadstick ^	Corn Muffin ^ 100% Grape Juice
<b>April 22, 2019</b>	<b>April 23, 2019</b>	<b>April 24, 2019</b>	<b>April 25, 2019</b>	<b>April 26, 2019</b>
Banana Muffin ^ 100% Apple Juice	Tortilla Rounds ^ Tropical Veggie Juice	Lemon Mini Loaf ^ 100% Orange Tangerine Juice	Pretzel ^ 100% Blended Fruit Juice	String Cheese Pizza Crackers ^
<b>April 29, 2019</b>	<b>April 30, 2019</b>	<b>May 1, 2019</b>	<b>May 2, 2019</b>	<b>May 3, 2019</b>
Multi Grain Sun Chips ^ 100% Grape Juice	String Cheese Breadstick ^			

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.



[www.preferredmeals.com](http://www.preferredmeals.com)

## 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	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Pizza Crackers ^	80	2	0	0	0	190	15	2	2	2	111	3	18	3	G/B:1sv WG
04-09-2019	Honey Roasted Sunflower Seeds	190	15	2	0	0	65	11	3	5	6	0	0	20	1	MMA:1oz
	100% Apple Juice	90	0	0	0	0	10	23	0	23	0	0	60	100	0	F:3/4c
04-10-2019	Cheddar Sun Chips ^	140	6	1	0	0	210	18	2	2	2	0	0	0	0	G/B:1.25sv WG
	100% Grape Juice	90	0	0	0	0	10	23	0	21	0	0	60	100	0	F:3/4c
04-11-2019	Blueberry Muffin ^	166	6	0	0	0	170	28	2	10	3	0	0	30	1	G/B:1.25sv WG
	100% Blended Fruit Juice	90	0	0	0	0	10	23	0	22	0	0	60	100	0	F:3/4c
04-12-2019	Peach Mini Loaf ^	131	4	0	0	0	172	22	2	7	2	0	0	30	1	G/B:1sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
04-15-2019	Cheddar Goldfish Crackers	100	4	1	0	4	170	14	1	0	3	0	0	20	0	G/B:1sv WG
	Mixed Fruit Cup	78	0	0	0	0	7	19	2	14	3	8	5	7	0	F:3/4c
04-16-2019	Cherry Mini Loaf ^	166	5	0	0	0	212	30	1	14	2	19	0	39	1	G/B:1sv WG
	100% Apple Juice	90	0	0	0	0	10	23	0	23	0	0	60	100	0	F:3/4c

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04-17-2019	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
04-18-2019	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
04-19-2019	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	100% Grape Juice	90	0	0	0	0	10	23	0	21	0	0	60	100	0	F:3/4c
04-22-2019	Banana Muffin ^	166	6	0	0	0	180	27	2	8	3	1	3	22	1	G/B:1.25sv WG
	100% Apple Juice	90	0	0	0	0	10	23	0	23	0	0	60	100	0	F:3/4c
04-23-2019	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
04-24-2019	Lemon Mini Loaf ^	127	3	0	0	0	183	25	1	10	2	0	0	41	1	G/B:1sv WG
	100% Orange Tangerine Juice	100	0	0	0	0	10	26	0	24	0	751	60	100	0	F:3/4c
04-25-2019	Pretzel ^	80	2	0	0	0	200	15	2	0	2	0	0	0	1	G/B:1sv WG
	100% Blended Fruit Juice	90	0	0	0	0	10	23	0	22	0	0	60	100	0	F:3/4c
04-26-2019	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Pizza Crackers ^	80	2	0	0	0	190	15	2	2	2	111	3	18	3	G/B:1sv WG
04-29-2019	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	100% Grape Juice	90	0	0	0	0	10	23	0	21	0	0	60	100	0	F:3/4c
04-30-2019	String Cheese	80	6	4	0	15	200	0	0	0	6	40	0	200	0	MMA:1oz
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG

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



