



CenClear
Menu Form - NT - 15

Harmony

Month: APRIL 2026

Center

Calendar Dates: 1 to 3

Breakfast

Unflavored Milk (3/4 cup)
Fruit, Vegetable, or 100% fruit,
Juice, (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/2 cup)
Additional Food (optional)

Lunch/Supper

Unflavored Milk (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/2 cup)
Fruit (1/4 cup)
Vegetable (1/4 cup)

Additional Food (optional)

Snack

Unflavored Milk (1/2 cup)
Fruit, vegetable or 100% fruit,
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Combo Bar w/ WG Toast Juice Unflavored Milk Lactaid	2 WG Breakfast Pizza Juice Unflavored Milk Lactaid	3 NO CLASS
		Chicken, Mashed Potatoes, Gravy, Corn WG Dinner Roll Orange Quarters Unflavored Milk Lactaid	Hamburger on WG Bun Chips Baked Beans Fruit Unflavored Milk Lactaid	NO CLASS
				



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Calendar Dates: to

Breakfast

Unflavored Milk (3/4 cup)
Fruit, vegetable or 100% fruit
Juice, (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Additional Food (optional)

Lunch/Supper

Unflavored (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/3 cup)
Fruit (1/4 cup)
Vegetable (1/4 cup)
Additional Food (optional)

Snack

Unflavored Milk (1/2 cup)
Fruit, vegetable or 100% fruit,
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>NO CLASS</p>	<p>7</p> <p>Combo Bar w/ WG Toast Juice Unflavored Milk Lactaid</p>	<p>8</p> <p>Assorted WG Muffins Juice Unflavored Milk Lactaid</p>	<p>9</p> <p>Cereal w/ Assorted WG Crackers Juice Unflavored Milk Lactaid</p>	<p>10</p> <p>WG Waffles Juice Unflavored Milk Lactaid</p>
<p>NO CLASS</p>	<p>General Tso's or Sweet & Sour Chicken w/ WG Rice Broccoli Fruit Unflavored Milk Lactaid</p>	<p>Italian Sandwich on WG Croissant Roll Pasta Salad Carrots Fruit Unflavored Milk Lactaid</p>	<p>Chicken Hoagies on WG Roll Sidewinder Fries Green Beans Fruit Unflavored Milk Lactaid</p>	<p>WG Round Pizza Caesar Salad Banana Unflavored Milk Lactaid</p>



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Harmony

Center

Month: APRIL 2026

Calendar Dates: 13 to 17

Breakfast

Unflavored Milk (3/4 cup)
Fruit, vegetable, or 100% fruit
Juice, (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Additional Food (optional)

Lunch/Supper

Unflavored Milk (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/3 cup)
Fruit (1/4 cup)

Vegetable (1/4 cup)

Additional Food (optional)

Snack

Unflavored Milk (1/2 cup)
Fruit, vegetable or 100% fruit,
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
13 WG Apple Frudel Juice Unflavored Milk Lactaid	14 WG Pancakes w/ Syrup Fruit Unflavored Milk Lactaid	15 WG Mini Bagels Juice Unflavored Milk Lactaid	16 Breakfast Scramble Juice Unflavored Milk Lactaid	17 Egg Patty w/ WG Toast Juice Unflavored Milk Lactaid
Spaghetti w/ Meatballs Tossed Salad WG Garlic Knot Applesauce Cup Unflavored Milk Lactaid	Sloppy Joe on WG Roll Baked Potato Corn Pears Unflavored Milk Lactaid	Pizza Burger on WG Bun Tater Squares Green Beans Fruit Unflavored Milk Lactaid	Chicken Nuggets w/ Sauce Oven Fries Corn Strawberry Fruit Cup Unflavored Milk Lactaid	WG French Bread Pizza Caesar Salad Banana Unflavored Milk Lactaid



**CenClear
Menu Form - NT - 15**

Harmony

Center

Month: APRIL 2026

Calendar Dates: 20 to 24

Breakfast

Unflavored Milk (3/4 cup)
Fruit, vegetable, or 100% fruit
Juice, (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Additional Food (optional)

Lunch/Supper

Unflavored Milk (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/3 cup)
Fruit (1/4 cup)

Vegetable (1/4 cup)

Additional Food (optional)

Snack

Unflavored Milk (1/2 cup)
Fruit, vegetable or 100% fruit.
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
20 Assorted WG Muffins Juice Unflavored Milk Lactaid	21 Sausage Gravy Over WG Biscuit Juice Unflavored Milk Lactaid	22 WG Pancakes w/ Syrup Fruit Unflavored Milk Lactaid	23 Cereal w/ Assorted WG Crackers Juice Unflavored Milk Lactaid	24 Yogurt w/ WG Toast Juice Unflavored Milk Lactaid
Chicken Alfredo WG Bread Stick Broccoli Orange Quarters Unflavored Milk Lactaid	Chicken, Mashed Potatoes, Gravy, Corn WG Dinner Roll Fruit Unflavored Milk Lactaid	Hoagie on WG Roll Lettuce, Tomato, Pickles Potato Chips Pudding Fruit Unflavored Milk Lactaid	WG Corn Dog Breaded Pickles Green Beans Fruit Unflavored Milk Lactaid	WG Stromboli w/ Sauce Salad Apple Slices Unflavored Milk Lactaid



CenClear
Menu Form - NT - 15

Harmony

Center

Month: **APRIL 2026**

Calendar Dates: **27** to **30**

Breakfast

Unflavored Milk (3/4 cup)
Fruit, vegetable, or 100% fruit
Juice, (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Additional Food (optional)

Lunch/Supper

Unflavored Milk (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/3 cup)
Fruit (1/4 cup)
Vegetable (1/4 cup)
Additional Food (optional)

Snack

Unflavored Milk (1/2 cup)
Fruit, vegetable or 100% fruit,
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
27 Assorted WG Muffins Juice Unflavored Milk Lactaid	28 Egg Patty w/ WG Toast Juice Unflavored Milk Lactaid	29 WG Breakfast Burrito Juice Unflavored Milk Lactaid	30 Combo Bar w/ WG Toast Juice Unflavored Milk Lactaid	
Rigatoni w/ Meat Sauce Peas & Carrots WG Roll Fruit Unflavored Milk Lactaid	Alice Spring Chicken Steak Fries Garlic Green Beans Fruit Unflavored Milk Lactaid	Nacho's w/ Cheese, Meat Sauce Refried Beans Pears Unflavored Milk Lactaid	Pulled Pork w/ WG Roll Coleslaw Carrots Fruit Unflavored Milk Lactaid	
				