

## 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)	X - Toast - W (WG)(265) Peaches-AC (028) Whole, 1%, or (1)	Chex-Blueberry (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)	X - Bagels - (WG)(223) Bananas-C (004)	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)(033) 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) Peas-AC (185) Tangerines-AC (040) Whole, 1%, or (1)	Pork Chops / (053) X - Wheat Bre (WG)(083 Broccoli-AC (158) Potato Wedges (280) Whole, 1%, or (1)	Pork Chops / (053) X - Brown Ric (WG)(100) Mixed Vegetab (177) Cole Slaw (186) Whole, 1%, or (1)	Catfish (040) X - Brown Ric (WG)(100) Broccoli-AC (158) Potato Wedges (280) 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)	Yogurt ('150) Strawberries (038)	Egg-Whole ('135) X - Waffles - (WG)(262 Strawberries (038)	X - Waffles - (WG)(262 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)	Pork Chops / (053) X - Brown Ric (WG)(100 Corn-C (168) Applesace (002) Whole, 1%, or (1)	Catfish (040) X - Wheat Bre (VG)(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)	Ham (051) X - Whole Gra (WG)(138 Tomatoes, Fr (250) Lettuce, Roma (264) Whole, 1%, or (1)	Chicken Sausa (035) X - Whole Gra (WG)(138 Tomatoes, Fr (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)	X - English M (WG)(258 Pears-C (030)	Cheddar Chees (086) X - Crackers (WG)(035	X - Kit - WGR (WG)(137 Whole, 1%, or (1)	X - Total - W (WG)(265 Bananas-C (004)	X - Total - 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 Melon (022) Whole, 1%, or (1)	X - Toast - W (WG)(265 Fruit Cocktail (015) Whole, 1%, or (1)	X - Chex-Wheats (W/G)(063 Fruit Salad (016) Whole, 1%, or (1)	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 Mixec Fresh F (100)	Peanut Butter (140) X - Wheat Bre (WG)(083 Whole, 1%, or (1)	Cheddar Chees (036) X - Crackers (WG)(035	X - Wheat Thi (WG)(256 Bananas-C (004)	Hummus (123) Bagel Chips (240)	Cheese (086) X - Crackers (WG)(035 Pears-C (030)	Peanut Butter (140) X - Whole Gra (WG)(138 Baranas-C (004)							
Salsbury Sie (017)	Beef Ground (003)	Chicken Breas (027)	Tuna (046)	Beef Stew Mea (081)	Pork Chops / (053)	Ham (051)							
X - Brown Ric (WG)(100 Carrots-AC (163)	X - Noodles-P (WG)(260 Tomato Saluce- (248)	X - Brown Ric (WG)(100 Spinach-AC (205)	X - Wheat Bre (WG)(083 Peas and Carr (186)	X - Wheat Bre (WG)(083 Carrots-AC (163)	X - Wheat Bre (WG)(083 Butternut Squ (161)	X - Brown Ric (WG)(100 Butternut Squ (161)							
Fruit Cockta (015) Whole, 1%, or (1)	Garden Salad (243)	Pineapple-C (031)	Fruit with Je (021)	Mashed Potato (234)	Mixed Fresh F (100)	Mixed Fresh F (100)							
Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)							
X - Crackers (WG)(035 Oranges-C (026)	X - Ritz Crac (WG)(243 Applesauce (002)	Corn Dog (012) Breading (003)	Animal Cracke (054) Pears-C (030)	X - Ritz Crac (WG)(243 Peaches-AC (028)	X - Kit - WGR (WG)(137 Whole, 1%, or (1)	X - Ritz Crac (WG)(243 Cucumbers-C (170)							
Salsbury Sie (017)	Beef Ground (003)	Chicken Breas (027)	Tuna (046)	Beef Stew Mea (081)	Pork Chops / (053)	Ham (051)							
X - Wheat Bre (WG)(053 Peas-AC (185)	X - Whole Gra (WG)(138 Pinto Beans (224)	X - Whole Gra (WG)(138 Peppers, Gree (262)	X - Whole Gra (WG)(138 Peas and Carr (186)	X - Wheat Bre (WG)(083 Peas and Carr (186)	X - Wheat Bre (WG)(100 Broccoli-AC (158)	X - Wheat Bre (WG)(083 Sweet Potato/ (241)							
Peaches-AC (028) Whole, 1%, or (1)	Lettuce, Roma (234)	Bananas-C (004)	Whole, 1%, or (1)	Bananas-C (004)	Applesause (002)	Pineapple-C (031)							
Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)	Whole, 1%, or (1)							
X - Waffles - (WG)(262 Strawberries (038)	Yogurt (150)	Hummus (123) X - Pretzels (WG)(263	X - Cheerios (WG)(045 Raisins (034)	X - Sunchips (WG)(041)	Yogurt (150)	X - Cheerios (WG)(045 Strawberries (038)							

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

### Family Resources, Inc.

April 14, 2024		April 15, 2024		April 16, 2024		April 17, 2024		April 18, 2024		April 19, 2024		April 20, 2024	
Sun	Mon	Tue	Wed	Thu	Fri	Sat							
<b>Breakfast</b>													
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)	Pork Sausage (112) X - Toast - W (WG)(266 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)							
<b>AM Snack</b>													
Cheddar Chees (036) X - Bagels - (WG)(223	X - Goldfish (WG)(257 Fruit Salad (016)	Muffins/Quick (237) Whole, 1%, or (1)	X - Oatmeal S (WG)(246 Whole, 1%, or (1)	Cheddar Chees (086) Bagel (001) Apples-C (001)	Yogurt (150) Peaches-AC (028)	Yogurt (150) Peaches-AC (028)	X - Sunchips (WG)(041) Apples-C (001)						
<b>Lunch</b>													
Steak (018)	Beef Kielbasa (004)	Cod (041)	Roast Beef (016)	Beef Ground (003)	Egg-Whole ('35)	Beef Stew Mea (081)							
X - Wheat Bre (WG)(033 Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	X - Wheat Bre (WG)(083 Cabbage-C (162) Fruit Cocktail (015) Whole, 1%, or (1)	X - Brown Ric (WG)(100 Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	X - Wheat Bre (WG)(083 Mashed Potato (234) Carrots-AC (163) Whole, 1%, or (1)	X - Noodles-P (WG)(260 Tomato Sauce (248) Garden Salad (243) Whole, 1%, or (1)	X - Toast - W (WG)(265 Peppers, Gree (262) Pears-C (030) Whole, 1%, or (1)	X - Wheat Bre (WG)(083 Carrots-AC (163) Honeydew Melo (020) Whole, 1%, or (1)	X - Wheat Bre (WG)(083 Carrots-AC (163) Honeydew Melo (020) Whole, 1%, or (1)						
<b>PM Snack</b>													
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)	X - Cheetzls (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 - 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)	Peanut Butter (140) X - Whole Gra (WG)(138 Bananas-C (004)				
<b>Dinner</b>													
Steak (018)	Beef Kielbasa (004)	Cod (041)	Roast Beef (016)	Beef Ground (003)	Egg-Whole ('35)	Beef Stew Mea (081)							
X - Whole Gra (WG)(138 Peppers, Gree (262) Fruit Salad (016) Whole, 1%, or (1)	X - Brown Ric (WG)(100 Broccoli-AC (158) Applesauce (002) Whole, 1%, or (1)	X - Wheat Bre (WG)(083 Peas-AC (185) Tater Tots-C (242) Whole, 1%, or (1)	X - Brown Ric (WG)(100 Plantain (Gre(200) Black Beans (214) Whole, 1%, or (1)	X - Brown Ric (WG)(100 Turnip Greens (210) Fruit Cocktail (015) Whole, 1%, or (1)	X - Whole Gra (WG)(138 Peas-AC (185) Strawberries (038) Whole, 1%, or (1)	X - Whole Gra (WG)(138 Carrots-AC (163) Green Beans-C (172) Whole, 1%, or (1)	X - Whole Gra (WG)(138 Carrots-AC (163) Green Beans-C (172) Whole, 1%, or (1)						
<b>Evening Snack</b>													
X - Rice Cake (WG)(102 Apples-C (001)	X - Toast - W (WG)(265 Cantaloupe-AC (008)	Colby Cheese (038) X - Crackers (WG)(035	X - Waffles - (WG)(262 Applesauce (002)	X - Cheezls (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) Fears-C (030) Whole, 1%, or (1)	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 (018)	Animal Cracke (054) Whole, 1%, or (1)	X - Goldfish (WG)(257 Peaches-AC (028)	X - Wheat Thi (WG)(256 Cantaloupe-AC (008)	X - Wheat Thi (WG)(256 Fruit Salad (016)	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 Fillets (111) X - Wheat Bre (WG)(083 Broccoli-AC (158) Oranges-C (026) Whole, 1%, or (1)	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)	Roast Beef (016) X - Brown Ric (WG)(100 Corn-C (168) Green Beans-C (172) Whole, 1%, or (1)	Spare Ribs (061) X - Brown Ric (WG)(100 Tomatoes, Fr (250) Garden Salad (243) Whole, 1%, or (1)	Turkey Meatba (072) X - Noodles-P (WG)(260 Tomatoes, Fr (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)	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)	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 Fillets (111) X - Brown Ric (WG)(100 Cole Slaw (166) Mandarin Oran (023) Whole, 1%, or (1)	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)	Roast Beef (016) X - Wheat Bre (WG)(083 Spinach-AC (205) Peaches-AC (028) Whole, 1%, or (1)	Turkey & Chee (048) X - Brown Ric (WG)(100 Peppers, Gree (262) Fruit Cocktail (015) 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 Mixec Fresh F (100)	Cheese (037) X - Crackers (WG)(035	X - English M (WG)(258 Mixed Fresh F (100)	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)	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 <b>Sun</b>	April 29, 2024 <b>Mon</b>	April 30, 2024 <b>Tue</b>	May 01, 2024 <b>Wed</b>	May 02, 2024 <b>Thu</b>	May 03, 2024 <b>Fri</b>	May 04, 2024 <b>Sat</b>
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)	Breakfast			
X - Goldfish (WG)(257) Peaches-AC (028)	X - Ritz Cris (WG)(243) Grapes (018)	X - Bagels - (WG)(223) Bananas-C (004)	AM Snack			
			Lunch			
Beef Kielbasa (004) X - Wheat Bre (WG)(053) 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)				
Peanut Butter (140) X - Wheat Bre (WG)(053) Whole, 1%, or (1)	X - Sunchips (WG)(041) Fruit Cocktail (015)	Yogurt (150) Strawberries (038)	PM Snack			
			Dinner			
Beef Kielbasa (004) X - Brown Ric (WG)(100) Sweet Potato( 241) Green Beans-C (72) 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)				
X - English M (WG)(258) Mixed Fresh F (100)	X - Toast - W (WG)(265) Pears-C (030)	Graham Cracke (081) Whole, 1%, or (1)	Evening Snack			