

Kinetic Academy April 2024 Menu



Monday

01

Closed

08

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W Roast Beef Sandwich
Sweet Corn Salad with Buttermilk Dressing
Orange
Milk

15

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W V Egg Salad Sandwich
Sweet Corn Salad with Buttermilk Dressing
Orange
Milk

22

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W V Egg Salad Sandwich
Sweet Corn Salad with Buttermilk Dressing
Orange
Milk

29

Breakfast

W Breakfast Cereal of the Day
Apple
Milk

Lunch

W V Egg Salad Sandwich
Sweet Corn Salad with Buttermilk Dressing
Orange
Milk

Tuesday

02

Closed

09

Breakfast

W NEW Home Baked Honey
Lemon Muffin
Orange
Milk

Lunch

W Turkey and Cheese Sandwich on Fresh Chibatta
Pea Salad
Apple
Milk

16

Breakfast

W Home Baked Pineapple Muffin
Orange
Milk

Lunch

W Roast Beef Sandwich
Pea Salad
Apple
Milk

23

Breakfast

W Home Baked Poblano Chile
Corn Bread Muffin
Orange
Milk

Lunch

W Roast Beef Sandwich
Pea Salad
Apple
Milk

30

Breakfast

W NEW Home Baked Maple
Cinnamon Muffin
Orange
Milk

Lunch

W Roast Beef Sandwich
Roasted Carrots + Toasted Pumpkin Seeds
Apple
Milk

Wednesday

03

Closed

10

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W Chefables Sub Sandwich
Broccoli Slaw
Pear
Milk

17

Breakfast

W Home Baked Squares
Apple
Milk

Lunch

W V Cheese Sandwich on Fresh
Chibatta
Broccoli Slaw
Pear
Milk

24

Breakfast

W Home Baked Lemon Poppy Seed
Breakfast Coquille
Apple
Milk

Lunch

W Turkey Sandwich on Fresh
Chibatta
Broccoli Slaw
Pear
Milk

Thursday

04

Closed

11

Breakfast

W Home Baked WG Cranberry
Orange Waffle
Orange
Milk

Lunch

W Chicken Corn Dog
Bagged Roasted Edamame
Apple
Milk

18

Breakfast

W Home Baked French Toast Sticks
Orange
Milk

Lunch

W All Beef HOT DOG on Honey
WG Bun
Bagged Roasted Edamame
Orange
Milk

25

Breakfast

W NEW Home Baked Coconut,
Maple Pancakes
Orange
Milk

Lunch

W Classic Chicken Sandwich on
Honey WG Bun
Bagged Roasted Edamame
Orange
Milk

Friday

05

Closed

12

Breakfast

W Hodge Podge (Rice Porridge)
Apple
Milk

Lunch

W Chicken Salad Sandwich
Baby Carrots
Orange
Milk

19

Breakfast

W NEW Soft Cream Cheese
Stuffed Sourdough Bagel Bite
Apple
Milk

Lunch

W Chefables Sub Sandwich
Baby Carrots
Apple
Milk

26

Breakfast

W Hodge Podge (Rice Porridge)
Apple
Milk

Lunch

W Chefables Sub Sandwich
Baby Carrots
Apple
Milk

Notes

- Chefables reserves the right to substitute stated menu items if it becomes unavailable in the market or due to unforeseen circumstances.
- This institution is an equal opportunity provider.
- Lowfat (1%) milk or non-fat milk offered/served at ALL breakfast, and Lunch meals. All Milk served is rBST-free.



Just some of the vegetables this month: Artichoke arugula Asian greens asparagus avocado beets bok choy broccoli rabe Brussels sprouts cabbage carrots cauliflower chard celery collard kale leeks lettuces mushrooms mustard onion parsnips peas potatoes radicchio radishes rutabagas scallions spinach sunchokes squash (winter) tomato turnips



Just some of the fruits this month: Apple Asian pear cherimoyas cherries dates grapefruit kumquat lemon limes mandarin oranges pomelos rhubarb strawberry

NEW = New menu offering **W** = Whole Grain Rich **V** = Vegetarian Menu Option