

# March Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.  
*Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.*

## March 5-9

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Bagels w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Corn Dogs (Child Nutrition labeled) Baked Beans (Canned) Fresh Fruit Skim Milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Spanish Rice w/ground beef and tomato sauce Green beans (canned) Skim milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Baby Carrots with dip Skim Milk	Turkey & Cheese Wrap (Turkey and cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Ice water	Whole wheat bread with cinnamon butter 100% Fruit Juice	Ritz 100% Fruit Juice	Cheesy Crackers Skim Milk

## March 12-16

### Child Nutrition Week

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Add eggs to your breakfast day</b> Cheese Omelets Fresh Fruit Skim Milk	Muffins (whole grain) Fresh Fruit skim Milk <b>Get outside to play before lunch day</b>	<b>Add a whole grain item to your breakfast day</b> Whole wheat toast w/ Jam Fresh Fruit Skim Milk	<b>Buy a local item to serve with breakfast day</b> English Muffins with locally harvested honey Fresh Fruit Skim Milk	<b>Choose your own healthy breakfast item</b> (variety of fruits for the kids to choose from) Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Hogie Sandwich (assorted meats & cheese on whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over whole grain macaroni) Green beans (canned) Skim Milk	Taco Salad (ground beef, cheese & fresh lettuce on whole grain tortilla chips) Ranch Style beans (canned) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce (canned) Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	Grahams 100% Fruit Juice	Cottage Cheese & Saltines Ice Water	Yogurt & Whole Wheat Cereal Pieces Ice water	String cheese 100% Fruit Juice

## March 19-23

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	French Toast (whole grain) Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chicken Nuggets (child nutrition approved) Oranges Ranch Beans (canned) Skim milk	Gr. Beef, Pinto bean & cheese burritos Fresh Salad Corn (frozen) Skim milk	Sloppy Joes on whole wheat buns Peas (Canned) Peas (frozen) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Turkey & cheese Wrap (Turkey & cheese slices in a tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Apples Cheese slice	Ritz 100% Juice

## March 26-30

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Scrambled Eggs Fresh Fruit Skim Milk	Bagel w/cream cheese Fresh Fruit Skim Milk	Whole wheat toast w/jam Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Tuna & Cheese Sandwich (on whole wheat bread) Apples Fresh Cucumbers w/dip Skim milk	Homemade mac and Cheese with Ham (made with whole grain macaroni) Peas (frozen) Pears (canned) Skim milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole grain tortilla chips Fresh Cauliflower w/dip Skim Milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Fresh Baby Carrots w/dip Applesauce cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	Wheat Thins (whole wheat) 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	String Cheese 100% Fruit Juice	Cheesy Crackers Skim Milk

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