

March MENU 2023

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 & berries (when in season). We order fresh fruit depending upon the price and availability.

March 6-10

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit, Skim Milk	Pancakes Fresh Fruit, Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Biscuits and gravy Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Spaghetti (whole grain noodles) w/lean ground turkey and tomato sauce Green Beans (canned) Skim milk	Bean & Cheese burritos (whole grain tortillas) Corn Baby carrots w/dip Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumbers w/dip Extra marinara sauce for dipping, Skim Milk	Chili w/beans & tamato sauce, cheese, apples, Whole wheat roll Skim milk	Turkey Hot Dogs, Whole wheat buns, Baked Beans, Peaches, Skim Milk
Snack	Apples & Cheese Slice Water	Popcorn (WG) 100% Fruit Juice	Goldfish Crackers (WG) 100% Fruit Juice	Pita bread (whole grain) w/hummas, water	grahams crackers Milk

March 13-17

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	whole wheat bagel w/cream cheese Fresh Fruit skim Milk	French Toast (whole wheat) fresh fruit, Skim Milk	Muffins (whole grain) Diced Pears skim Milk	Hardboiled Eggs Bananas Skim Milk	Cereal (whole grain) Fresh fruit skim milk
Lunch	Brunch Day cheese omlets , tater tots blueberries , whole wheat toast, skim milk	Shepherd's Pie (mashed potatoes, ground turkey, green beans and cheese) whole wheat rolls Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh salad Extra marinara sauce for dipping, Skim Milk	Haystacks (brown rice with chicken, sheese, & gravy broccoli (frozen) Pineapple Skim Milk	Chicken Nuggets (child nutrition approved, whole grain breading) Baked beans (canned) Fruit Cocktail (canned) Skim Milk
Snack	Yogurt & Whole Grain Cereal Pieces, Water	Animal Crackers 100% Fruit Juice	Whole wheat bread w/cinnamon butter, Milk	String Cheese & Ritz, water	Pretzels 100% fruit juice

March 20-24

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Oatmeal (whole grain) w/brown sugar Fresh Fruit Skim milk	Muffins (whole grain) Fresh Fruit skim Milk	scrambled eggs tator tots skimMilk	Cereal (whole grain) Fresh Fruit Skim Milk
Lunch	Sloppy Joes (lean gr. Beef) on whole wheat buns Baby Carrots w/dip Diced Pears (canned) Skim Milk	Taco Salad (lean ground turkey, cheese & fresh lettuce on whole corn chips) Ranch Style beans (canned) Skim milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Cucumber w/dip Extra maranara sauce for dipping, Skim Milk	chicken soup made with Mixed veggies Whole wheat rice, Fresh Apples, skim milk	Turkey wraps (whole wheat wrap) cheese, cauliflower, Pears, Skim Milk
Snack	Apples & Cheese slices Water	wheat Thins (WG) 100% Fruit Juice	Whole grain tortilla Chips & salsa (grated cheese for toddlers) and water	Yogurt & Whole Grain Cereal Pieces, Water	Tiger Bite grahams (WG), Milk

March 27-31

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole wheat Bagel w/cream cheese Fresh Fruit & Skim Milk	Scrambled Eggs Fresh Fruit, Skim Milk	Muffins (whole grain) Fresh Fruit Skim Milk	Pancakes, Fresh fruit, Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
Lunch	Mac and Cheese w/whole wheat pasta, cheese, ham, Peas, Fruit cocktail, Skim Milk	Chicken Taco Soup made with a tomato broth, veggies and shredded cheese Whole Corn Tortilla Chips Fresh Cauliflower w/dip Skim Milk	Pizza from Pizza Hut (meets the Child Nutrition Requirements) Fresh Salad Extra marinara sauce for dipping, Skim Milk	Teriaki Beef (lean gr. beef) over brown rice Broccoli (frozen) Pineapple (canned) Skim milk	Hamburgers Beef Patties, (wheat bun) Fench Fries, Peaches Skim Milk
Snack	Animal Crackers Milk	popcorn (WG) 100% Juice	Cottage Cheese Saltines, water	Pita bread (whole grain) w/ hummas , water	Tricuits (whole grain) 100% Fruit Juice

The USDA is an equal opportunity provider and employer.