

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pears, WG English Muffins, Milk Creamy Beef Noodles, Peas, Apples, Milk French Fries, Apple Juice
4 Banana, WG Cheerios, Milk Taco Salad, Pears, Milk Yogurt, Goldfish	5 WG Toast, Milk, Berries Chicken Stir-Fry, Quinoa, Pineapple, Milk Cottage Cheese, Club Crackers	6 WG Waffles, Grapes, Milk Ham Sandwich, Broccoli, Applesauce, Milk Graham Crackers, Milk	7 Hard Boiled Eggs, WG English Muffin, Milk Chili, Lettuce Salad, Oranges, Bread, Milk Bagels and Cream Cheese, Apple Juice	8 WG Oatmeal, Peaches, Milk Ham/Potato Soup, Apples, Crackers, Milk Flat Bread Crisps, Apple Juice
11 Bananas, WG Bagel, Milk Beef Tacos w/ Fixings, Apples, Milk Triscuits, Cheese	12 Applesauce, WG Toast, Milk Spaghetti w/ Meat Sauce, Corn, Pears, Milk Yogurt, Pretzel Sticks	13 WG French Toast Sticks, Grapes, Milk Penne with Broccoli Rabe and Ricotta Peaches, Milk Vanilla Wafers, Apple Juice	14 Strawberries, Milk, Muffin Lasagna, Grapes, Carrots, Milk WG Wheat Thins, Cottage Cheese, Water	15 Apples, WG Raisin Bread, Milk Grilled Cheese, Egg Salad, Peaches, Peas, Milk Teddy Grahams, Apple Juice
18 Banana, WG Chex, Milk Creamy Sausage, Veggie, Tortellini Soup, Pineapple, Milk Goldfish, Apple Juice	19 Peaches, Crescent Rolls, Milk Hamburger on WG Bun, Fries, Apples, Milk Yogurt with Granola, Water	20 Scrambled Eggs, Spinach, Milk P&J, Cottage Cheese, Green Beans, Applesauce, Milk Graham Crackers, Milk	21 WG English Muffin, Strawberries, Milk Beef Stroganoff, Broccoli, Pears, Milk Ritz Crackers, Tomato, Cheese, Water	22 Blueberry Muffins, Apple Juice, Milk Baked Ziti & Spinach, Mixed Fruit, Milk WG Triscuits, Cheese
25 WG Cheerios, Bananas, Milk Goulash, Corn, Apples, Milk Pita Crackers, Cottage Cheese	26 Blueberries, Cream Cheese Bagels, Milk Turkey Wrap with veggies, Grapes, Milk WG Wheat Thins, Yogurt	27 Peaches, Toast, Milk Soft Shell Tacos, Pears, Milk French Toast Sticks, Apple Juice	28 Graham Crackers, Applesauce, Milk Egg Bake, M. Oranges, Milk WG Club Crackers, Mixed Fruit, Water	29 Blueberry Bagels, Milk, Orange Juice Cheese Pizza, Yogurt, Carrots, Oranges, Milk WG Goldfish, Apple Juice

Green – Breakfast
Red – Lunch
Blue – Snack
WG- Whole Grain

All Juice is 100% Juice no sugar added.
Whole milk served for ages 1-23 months.