



MARCH



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breakfast: Waffles, Sliced Apples, Milk/Water Lunch: Chicken Breast, Green Beans, Pears, Whole Wheat Bread, Milk/Water PM Snack: Fresh Mandarin Oranges, Pretzels, Water</p>	<p>4</p> <p>Breakfast: Scrambled Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Diced Ham, Whole Wheat Pasta, Peas &; Carrots, Apricots, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water</p>	<p>5</p> <p>Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Meatballs, Potatoes, Whole Wheat Bread, Mixed Fruit, Milk/Water PM Snack: Fresh Cucumbers, Ranch Dip, Whole Wheat Saltines, Water</p>	<p>6</p> <p>Breakfast: Whole Grain Pancakes, Fresh Strawberries, Milk /Water Lunch: Whole Wheat Grilled Cheese Sandwich, Fresh Tomatoes, Peaches, Milk/ Water PM Snack: Graham Crackers, Sliced or Whole Apples, Water</p>	<p>7</p> <p>Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/ Water Lunch: Flatbread Cheese Pizza, Fresh Garden Salad or Veggie Mix, Pineapple, Milk/Water Snack: Avocado, Fresh Carrots or Cucumber, Rice Cakes or Ritz Crackers, Water</p>
<p>10</p> <p>Dr. Seuss Day</p> <p>Breakfast: Green Eggs and Ham, Whole Wheat Toast, Whoville Hashbrowns, Milk/Water Lunch: Chicken Breast, Truffalo Trees Broccoli & Cauliflower, Pears, Whole Wheat Rolls, Milk/Water PM Snack: Lorax Mustache Mandarin Oranges, One Fish Two Fish Crackers, Water</p>	<p>11</p> <p>Breakfast: Whole Wheat Bagel , Sun Butter, Sliced Apples, Milk/Water Lunch: Beef and Cheese Tacos, Corn, Black Beans, Apricots, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water</p>	<p>12</p> <p>Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Hamburgers, Baked Beans, Pickles, Mixed Fruit, Milk/Water PM Snack: Fresh Bell Peppers or Cucumber, Ranch Dip, Whole Wheat Saltines, Water</p>	<p>13</p> <p>Breakfast: Whole Grain Waffles, Fresh Strawberries, Milk/Water Lunch: Whole Grain Spaghetti with Meat Sauce, Fresh Garden Salad or Veggie Mix, Peaches, Milk/Water Snack: Cheese Crackers, Sliced or Whole Apples, Water</p>	<p>Parents Night Out</p> <p>14</p> <p>Breakfast: Whole Grain Kix Cereal, Fresh Banana, Milk/Water Lunch: Fish Sticks, Cooked Carrots, Sliced Pears, Milk/Water Snack: Hummus, Fresh Zucchini or Cucumber, Wheat Thins or Ritz Crackers, Water</p>
<p>17</p> <p>Breakfast: English Muffins, Cream Cheese, Sliced Apples, Milk/Water Lunch: Chicken Breast, Green Beans, Pears, Whole Wheat Bread, Milk/Water M Snack: Fresh Mandarin Oranges, Pretzels, Water</p>	<p>18</p> <p>Breakfast: Scrambled Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Diced Ham, Whole Wheat Pasta, Peas &; Carrots, Apricots, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water</p>	<p>19</p> <p>Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Meatballs, Potatoes, Whole Wheat Bread, Mixed Fruit, Milk/Water PM Snack: Fresh Cucumbers, Ranch Dip, Whole Wheat Saltines, Water</p>	<p>20</p> <p>Breakfast: Whole Grain Pancakes, Fresh Strawberries, Milk/Water Lunch: Whole Wheat Grilled Cheese Sandwich, Fresh Tomatoes, Pineapples, Milk/ Water PM Snack: Graham Crackers, Sliced or Whole Apples, Water</p>	<p>21</p> <p>Breakfast: Whole Grain Cheerios, Fresh Banana, Milk/Water Lunch: Flatbread Cheese Pizza, Fresh Garden Salad or Veggie Mix, Pineapple, Milk/Water Snack: Avocado, Fresh Carrots or Cucumber, Rice Cakes or Ritz Crackers, Water</p>
<p>24</p> <p>Breakfast: Breakfast: Whole Wheat Bagel , SunButter, Sliced Apples, Milk/Water Lunch: Chicken Breast, Broccoli & Cauliflower, Pears,Whole Wheat Bread, Milk/Water PM Snack: Fresh Mandarin Oranges, Pretzels, Water</p>	<p>25</p> <p>Breakfast: Scrambled Eggs, Whole Wheat Toast, Peaches, Milk/Water Lunch: Beef and Cheese Tacos, Corn, Black Beans, Apricots, Milk/Water PM Snack: Ritz Crackers, String Cheese, Water</p>	<p>26</p> <p>Breakfast: Yogurt, Fresh Blueberries, Granola or Cheerios, Milk/ Water Lunch: Hamburgers, Sweet Potatoes, Pickles, Mixed Fruit, Milk/Water PM Snack: Fresh Bell Peppers or Cucumber, Ranch Dip, Whole Wheat Saltines, Water</p>	<p>27</p> <p>Breakfast: Whole Grain Waffles, Fresh Strawberries, Milk/Water Lunch: Whole Grain Spaghetti with Meat Sauce, Fresh Garden Salad or Veggie Mix, Peaches, Milk/Water Snack: Cheese Crackers, Sliced or Whole Apples, Water</p>	<p>28</p> <p>Breakfast: Whole Grain Kix Cereal, Fresh Banana, Milk & Water Lunch: Fish Sticks, Cooked Carrots, Sliced Pears, Milk/Water Snack: Hummus, Fresh Zucchini or Cucumber, Wheat Thins or Ritz Crackers, Water</p>

<p style="text-align: right;">31</p> <p>Breakfast: English Muffins, Cream Cheese, Sliced Apples, Milk/Water Lunch: Chicken Breast, Green Beans, Pears, Whole Wheat Bread, Milk/Water PM Snack: Fresh Mandarin Oranges, Pretzels, Water</p>				<p>Whole milk is served to children under 2 1% milk is served to children over 2 Cereals have less than 6 g sugar/1 oz Yogurt has less than 2 g added sugar/1 oz Some food substitutions are noted for infants and toddlers not yet ready for crunchy foods.</p>

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. All juice is 100% full strength fruit juice. Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.