



March 2020 – Breakfast & snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	3 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	4 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	5 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	6 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
9 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	10 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	11 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	12 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	13 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
16 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	17 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Peach yogurt	18 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	19 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	20 +Blueberry-peach oatmeal ~~~~~ Triscuits Cucumber slices & ranch
23 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	24 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	25 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	26 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	27 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
30 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	31 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Raspberry yogurt			<i>Age appropriate milk must be served with breakfast</i>

+Whole grain



March 2020 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	3 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	4 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	5 Hamburger slider (V) Black bean burger #^ Bean medley Whole wheat roll * Fresh fruit	6 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables Whole wheat bread/butter * Fresh fruit
9 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame Whole wheat roll * Fresh fruit	10 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	11 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw Whole wheat bread/butter* Fresh fruit	12 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots Whole wheat bread/butter * Fresh fruit	13 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
16 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	17 (V) Whole grain pizza* Garden salad Fresh fruit	18 Chicken nuggets (V) Veggie nuggets^ Potato soup Whole wheat bread/butter* Fresh fruit	19 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	20 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
23 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	24 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	25 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	26 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	27 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
30 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	31 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit		<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>	<i>Age appropriate milk must be served with lunch</i>

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan