

Meal Plan March 2019

Key: Breakfast, **Breakfast**, Lunch, Snack

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast Lunch <u>Snack</u>					1*** Pop Tarts / Milk Chicken Alfredo Roasted Broccoli Apple Slices / Milk <u>Oatmeal Cream Pies / Juice / Water</u>	<u>*MENU ITEMS SUBJECT TO CHANGE*</u>
Breakfast Lunch <u>Snack</u>	4 Assorted Cereal / Milk Fish Sticks Corn Mixed Fruit / Milk <u>Snack Mix / Juice / Water</u>	5*** Mini Bagels/Fruit / Milk Pasta/Red Sauce & Cheese Green Beans Apple Slices / Milk <u>Chocolate Animal Crackers / Juice / Water</u>	6 Assorted Cereal / Milk Steak Fingers Carrots Pears / Milk <u>Wheat Crackers / Raisins / Juice / Water</u>	7 Sausage Biscuit / Milk Chicken Stir Fry with Rice and Veggies Mandarin Oranges / Milk <u>Graham Crackers / Juice / Water</u>	8*** Assorted Cereal / Milk Cheese Pizza Salad Pineapple / Milk <u>Veggie Straws / Juice / Water</u>	<u>*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.</u>
Breakfast Lunch <u>Snack</u>	11 Assorted Cereal / Milk Chicken Nuggets Mixed Vegetables Peaches / Milk <u>Sugar Cookies / Juice / Water</u>	12*** Pancakes/ Fruit / Milk Cheese Tortellini Green Beans Pears / Milk <u>Cheese Crackers / Juice / Water</u>	13 Assorted Cereal / Milk Meatloaf Roasted Broccoli Mandarin Oranges / Milk <u>Chocolate Cream Pie / Juice / Water</u>	14*** Mini Muffins/Yogurt / Milk Chicken Patty Mashed Potatoes Pineapple / Milk <u>Mini Pretzel Twist / Juice / Water</u>	15*** Pop Tarts / Milk Turkey & Cheese Sandwich Carrots Mixed Fruit / Milk <u>Fruit Snacks / Juice / Water</u>	<u>***Indicates the lunch may contain Dairy**</u>
Breakfast Lunch <u>Snack</u>	18 Assorted Cereal / Milk Corn Dog Nuggets Carrots Peaches / Milk <u>Rich & Crisp Crackers / String Cheese / Juice / Water</u>	19 French Toast Sticks / Milk Cheese Quesadilla Salad Mandarin Oranges / Milk <u>Oatmeal Cookies/ Juice / Water</u>	20 Assorted Cereal / Milk Spaghetti & Meatballs Green Beans Apple Sauce / Milk <u>Sun Chips / Juice / Water</u>	21 Blueberry Pancakes / Milk BBQ Chicken Sandwich Mixed Vegetables Pineapple / Milk <u>Fruit Bars / Juice / Water</u>	22*** Assorted Cereal / Milk Cheesy Beef & Rice Corn Pears / Milk <u>CheX Mix / Juice / Water</u>	
Breakfast Lunch <u>Snack</u>	25 Assorted Cereal / Milk Beef Nuggets Corn Mandarin Oranges / Milk <u>Fig Bars / Juice / Water</u>	26 Pancake Bites / Milk Macaroni & Cheese Roasted Broccoli Mixed Fruit / Milk <u>Oyster Crackers / Pickles / Juice / Water</u>	27 Assorted Cereal / Milk Sliced Ham Carrots Pineapple / Milk <u>Vanilla Wafers / Juice / Water</u>	28 Waffles / Fruit / Milk Hamburger with Bun Tater Tots Peaches / Milk <u>Ritz Bits with Cheese / Juice / Water</u>	29*** Pop Tarts / Milk Hot Dog Roll ups Mixed Vegetables Apple Slices / Milk <u>Rice Krispy Treats / Juice / Water</u>	