

March 2010

=Monday 01	Tuesday 02	Wednesday 03	Thursday 04	Friday 05
Breakfast: Waffles, Mandarin oranges, milk Lunch: Beef and bean burrito, corn, strawberries, milk P.M. Snack: Banana, milk	Breakfast: Biscuits w/apple butter, peaches, milk Lunch: Goulash, lettuce salad(age appropriate), peas pears, garlic breadsticks, milk P.M. Snack: Oatmeal Raisin cookies, milk	Breakfast: Bagel w/cream cheese, apricots, milk Lunch: Cheese pizza, green beans, , mixed fruit, milk P.M. Snack: Carrots and cucumbers w/dip, wheat thins	Breakfast: French toast sticks, applesauce, milk Lunch: Chili, oranges, corn muffins, milk P.M. Snack: Animal crackers, chocolate milk	Breakfast: Cheerios, pineapple tidbits, milk Lunch: Baked ham, broccoli, apple compote, dinner roll, milk P.M. Snack: Strawberry yogurt, graham crackers
Beef and bean filling, burrito shell	Ground beef, diced tomatoes, tomato sauce, macaroni	Mozzarella, cheddar, parmesan, pizza sauce	Ground beef, chili beans, diced tomatoes	
Monday 08	Tuesday 09	Wednesday 10	Thursday 11	Friday 12
Breakfast: Bagel w/ cream cheese, mandarin oranges, milk Lunch: Sausage Rice Delight, peas, mixed fruit, milk P.M. Snack : Apple cranberry muffin, milk	Breakfast : English muffin, mixed berries, milk Lunch: Chickenetti green beans, apple slices, milk P.M. Snack: Cottage cheese, Ritz crackers	Breakfast: wheat toast, pineapple slices, milk Lunch: Fish Nuggets, tater tots, peaches, rye bread, milk P.M. Snack: Rice krispie treats, milk	Breakfast: Pancakes, applesauce, milk Lunch: Shepherd's Pie, mashed potatoes, pears, milk P.M. Snack: Sugar cookies, milk	Breakfast: Oatmeal, banana, milk Lunch: Pork loin roast, roasted potatoes, strawberries, dinner roll, milk P.M. Snack: Cereal bar, milk
Sausage, rice, celery ,carrots, onion, stock	Diced chicken, cheese, macaroni, stock		Ground turkey, peas and carrots, chic soup, cheese	
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Breakfast: French toast sticks, apricots, milk Lunch: Frittata, Wheat toast , mandarin oranges, milk P.M. Snack: Cherry crisp, milk	Breakfast: Pancakes, apple compote, milk Lunch: Oven fried chicken, green beans, strawberries, dinner roll, milk P.M. Snack: Trail mix, milk	Breakfast: English muffin w/jelly, Oranges, milk Lunch: Hamburger Stroganoff corn, mixed fruit, milk P.M. Snack Cheese roll-ups, grape juice	Breakfast: Bagel w/cream cheese, mixed berries, milk Lunch: Grilled ham and cheese on wheat, carrot sticks, pears, milk P.M. Snack: Snicker doodles, milk	Breakfast: Breakfast burrito, applesauce, milk Lunch: Turkey Broccoli Rice casserole, peaches, rye bread, milk P.M. Snack: Grapes, milk
Eggs, diced tomato, potatoes, sausage, cheese	Chicken thighs, corn flake crumbs, bread crumbs	Ground beef, sour cream, noodles, mush soup		Diced turkey, broccoli, rice, stock
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Breakfast : Waffles, strawberries, milk Lunch: Chicken crispito, corn, mixed fruit, milk P.M. Snack : Apple slices, milk	Breakfast: Biscuits w/jelly, applesauce, milk Lunch: Sweet and sour meatballs, rice w/peas and carrots, pineapple tidbits, rye bread, milk P.M. Snack: Cheese It's, apple juice	Breakfast : Cinnamon toast, oranges, milk Lunch: Turkey AlaKing, biscuits, peaches, milk P.M. Snack: Vanilla wafers, milk	Breakfast: French toast sticks, mixed berries, milk Lunch: Cheeseburger on bun, French fries, apricots, milk P.M. Snack: Oatmeal Raisin cookie, milk	Breakfast: Rice Chex, banana, milk Lunch: Macaroni and cheese /turkey franks, pears, green beans, milk P.M. Snack Breadsticks w/pizza sauce, milk
Chicken chili filling, flour tortilla	Ground beef, eggs, seasoning, sweet and sour sauce	Diced turkey, mixed vegetables, chicken soup		Turkey franks, cheese sauce, macaroni
Monday 29	Tuesday 30	Wednesday 31	Thursday	Friday
Breakfast : Banana muffin, oranges , milk Lunch : Roast turkey, mashed potatoes, mixed fruit, dinner roll, milk P.M. Snack: Sugar cookie, chocolate milk	Breakfast: French toast sticks, applesauce , milk Lunch: Tuna boats on hot dog bun, mixed vegetables, Mandarin oranges milk P.M. Snack: Monkey bread, milk	Breakfast: Oatmeal, apricots, milk Lunch: Beef and noodles, peas and carrots, pears, milk P.M. Snack: Salsa and chips(age appropriate) , crackers, milk		
	Tuna, cheese, mayo, bun	Stew meat, noodles, stock		

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