

MARCH MENU

PRESCHOOL

MONDAY 3/23	TUESDAY 3/24	WEDNESDAY 3/25	THURSDAY 3/26	FRIDAY 3/27
<p><u>BREAKFAST</u> ½ oz. W.G. CHEERIOS ½ C. APPLESAUCE 6 oz. MILK</p> <p><u>LUNCH</u> TURKEY SANDWICH ½ oz. SLICED TURKEY ½ oz. CHEESE SLICE ½ oz. W.G. BEAD SLICE ½ C. GREEN SALAD W/RANCH ¼ C. PINEAPPLE CHUNKS 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. RITZ ½ C. 100% JUICE</p>	<p><u>BREAKFAST</u> ½ oz. W.G. OATMEAL W/RAISINS ½ C. ORANGES 6 oz. MILK</p> <p><u>LUNCH</u> SWEET & SOUR MEATBALLS 1 ½ oz. MEATBALLS ½ oz. W.G. BROWN RICE ½ C. STIR FRY VEGETABLES ¼ C. APPLES 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. CLUB CRACKERS 1/2 HARD BOILED EGG</p>	<p><u>BREAKFAST</u> 1/2 oz. RAISIN BREAD ½ C. BANANAS 6 oz. MILK</p> <p><u>LUNCH</u> BAKED POTATOES & CHILI 1 oz. CHILI WITH MEAT ½ oz. SHREDDED CHEESE ½ C. BAKED POTATOES ½ oz. W.G. SLICED BREAD ¼ C. TANGERINES 6 oz. MILK</p> <p><u>SNACK</u> ½ C. CARROTS W/ CREAM CHEESE SPREAD ½ oz. SALTINES</p>	<p><u>BREAKFAST</u> ½ oz. W.G. CORNFLAKES ½ C. GRAPES 6 oz. MILK</p> <p><u>LUNCH</u> LEMON & HERBS CHICKEN TENDERS 1 ½ oz. CHICKEN TENDERS ½ C. MIXED VEGGIES ½ oz. ROLL ¼ C. HONEY DEW 6 oz. MILK</p> <p><u>SNACK</u> 6 oz. MILK ½ oz. ANIMAL CRACKERS</p>	<p><u>BREAKFAST</u> ½ oz. WAFFLES ½ C. MIXED FRUIT 6 oz. MILK</p> <p><u>LUNCH</u> SLOPPY JOES ½ oz. W.G. BUN 1 ½ oz. GROUND BEEF ½ C. GREEN BEANS ¼ C. MIXED FRUIT 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. W.G. PITA BREAD W/HUMMUS ½ C. CUCUMBERS</p>
MONDAY 3/30	TUESDAY 3/31	WEDNESDAY 4/1	THURSDAY 4/2	FRIDAY 4/3
<p><u>BREAKFAST</u> ½ oz. W.G. OATMEAL W/ RAISINS ½ C. PEACHES 6 oz. MILK</p> <p><u>LUNCH</u> FISH STICKS 1 ½ oz. FISH STICKS ½ oz. W.G. TORTILLA ½ C. SWEET POTATO FRIES ¼ C. MANDARIN ORANGES 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. GRAHAM CRACKERS 6 oz. MILK</p>	<p><u>BREAKFAST</u> ½ oz. FRENCH TOAST STICKS ½ C. KIWI 6 oz. MILK</p> <p><u>LUNCH</u> BREAKFAST FOR LUNCH 1 ½ oz. SAUSAGE PATTY ½ C. HASHBROWNS ½ oz. BAGEL W/ CREAM CHEESE ¼ C. CANTALOUPE 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. APPLES 2 oz. YOGURT</p>	<p><u>BREAKFAST</u> ½ oz. W.G. ENGLISH MUFFIN W/ AMERICAN CHEESE ½ C. TANGERINE 6 oz. MILK</p> <p><u>LUNCH</u> CFC BENTO BOX- FIND YOUR LUNCH ½ oz. RITZ CRACKERS 1 oz. DELI HAM SQUARES ½ oz. CHEESE SLICES ¼ C. SLICED PEPPERS & ZUCCHINI ¼ C. GRAPES 6 oz. MILK</p> <p><u>SNACK</u> ½ C. BANANA ½ oz. CHEERIOS MIX</p>	<p><u>BREAKFAST</u> ½ oz. PANCAKES ½ C. STRAWBERRIES 6 oz. MILK</p> <p><u>LUNCH</u> CHICKEN BURGERS 1 ½ oz. CHICKEN PATTY 1/2 oz. BUN ½ C. LETTUCE & TOMATO SLICES PICKLES ½ C. PEARS 6 oz. MILK</p> <p><u>SNACK</u> ½ C. TANGERINES ½ oz. GOLDFISH</p>	<p><u>BREAKFAST</u> EGGS ½ oz. SCRAMBLED EGGS ½ C. MIXED FRUIT 6 oz. MILK</p> <p><u>LUNCH</u> GREEN CHICKEN ENCHILADAS 1 oz. SHREDDED CHICKEN ½ oz. W.G. TORTILLAS ½ oz. CHEESE ½ C. PINTOS ¼ C. MIXED FRUIT 6 oz. MILK</p> <p><u>SNACK</u> ½ oz. TORTILLA CHIPS W/GUAC ½ C. MANGO CHUNKS</p>

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

W.G. = Whole Grain

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

APRIL MENU

PRESCHOOL

MONDAY 4/6	TUESDAY 4/7	WEDNESDAY 4/8	THURSDAY 4/9	FRIDAY 4/10
<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ½ C. APPLESAUCE 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>TURKEY SANDWICHES</i></p> <p>1 oz. DELI TURKEY ½ oz. W.G. BREAD ¼ oz. AMERICAN CHEESE 1/2 C. GREEN SALAD W/RANCH ¼ C. PEACHES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ C. HUMMUS ½ oz. CLUB CRACKERS</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. PANCAKES ½ C. BERRIES 6oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>HULI HULI CHICKEN-HAWAIIAN</i></p> <p>1 ½ oz. CHICKEN THIGHS ½ C. W.G. BROWN RICE ½ oz. COLESLAW ¼ C. PINEAPPLE 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. SALTINES w/ CREAM CHEESE SPREAD ½ C. 100% JUICE</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CORN FLAKES ½ C. BANANA 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>BBQ CHICKEN LEGS</i></p> <p>2 oz. CHICKEN LEGS ½ oz. W.G. SLICED BREAD ¼ C. PEAS ¼ C. ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GOLDFISH ¼ C. D'ANJOU PEARS</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. WAFFLES ½ C. GRAPES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>BEEF STROGANOFF</i></p> <p>1 ½ oz. GROUND BEEF ½ oz. PASTA ½ C. GREEN BEANS ¼ C. LIL CUTIES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. W.G. WHEAT THINS ½ C. CELERY STICKS W/ RANCH</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. OATMEAL ½ C. RAISINS/ MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>COWBOY BEANS</i></p> <p>1 oz. BEANS / ½ oz. BEEF ½ C. TATER TOTS ½ oz. W.G. SLICED BREAD ¼ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. RITZ CRACKERS 2 oz. STRING CHEESE</p>
MONDAY 4/13	TUESDAY 4/14	WEDNESDAY 4/15	THURSDAY 4/16	FRIDAY 4/17
<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. BAGELS & CREAM CHEESE ½ C. FRUIT COCKTAIL 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>HAM SANDWICH</i></p> <p>½ oz. AMERICAN CHEESE 1 oz. DELI HAM ½ oz. W.G. BREAD ¼ C. GREEN SALAD/RANCH ¼ C. BREAD & BUTTER PICKLES ¼ C. PEACHES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>2 oz. HUMMUS ½ oz. PITA BREAD</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CORNFLAKES ½ C. APPLES 6 oz. MLK</p> <p style="text-align: center;"><u>LUNCH</u> <i>SWEET & SOUR MEATBALLS</i></p> <p>1 ½ oz. MEATBALLS ½ oz. W.G. BROWN RICE ½ C. STIR-FRY VEGETABLES ¼ C. MANGO CHUNKS 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GRAHAM CRACKERS 2 oz. YOGURT</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. CHEERIOS ½ C. BANANAS 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>GRILLED CHEESE SANDWICH</i></p> <p>¼ oz. W.G. BREAD 1 ½ oz. AMERICAN CHEESE ½ C. CARROT STICKS W/ RANCH ¼ C. HONEYDEW 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. GOLD FISH ¼ C. 100% JUICE</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G.OATMEAL ½ C. RAISINS & ORANGES 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>TAQUITOS</i></p> <p>1 ½ oz. BEEF ½ oz. CORN TORTILLA ½ C. REF. BEANS SALSA ¼ C. NECTARINES 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ c. LIL CUTIES ½ oz. RAISIN BREAD</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>½ oz. W.G. TOAST w/ GUACAMOLE ½ C. KIWI 6 oz. MILK</p> <p style="text-align: center;"><u>LUNCH</u> <i>PIZZA MUFFINS</i></p> <p>½ oz. W.G. ENGLISH MUFFIN ½ oz. PEPPERONI & 1 oz. CHEESE 1/4 C. OLIVES & 1/4 C. TOMATO SAUCE ¼ C. MIXED FRUIT 6 oz. MILK</p> <p style="text-align: center;"><u>SNACK</u></p> <p>½ oz. CLUB CRACKERS ½ C. PEARS</p>

Children under 2-Whole Milk Children 2 and older 1% Milk Unflavored Milk

W.G. = WHOLE GRAIN

NOTE Fruit selections are subject to change due to availability

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER