



March

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Breakfast Orange juice, Rice Krispies Lunch Bean burrito, cheddar cheese, black beans corn, salsa, tortilla, peaches Snack Pretzels, apple juice Alt Cheerios	2 Breakfast Applesauce, oatmeal muffin square Lunch Meatloaf dinner: ground beef, noodles, green beans, orange Alt Vegetable lasagna Snack Vanilla wafers, milk	3 Breakfast Banana, English muffin, jelly, margarine Lunch Minestrone soup, cheese, crackers, apple Snack Make your own parfait: diced peaches, vanilla yogurt, graham cracker, water	4 Breakfast Orange, peach muffin Lunch Tuna fish sandwich, tomatoes, pineapple Alt Minestrone soup Snack Cheese, apple, water Alt Canned fruit	5 Breakfast Banana, Cheerios Lunch Breakfast for lunch: bagel, scrambled egg, hash brown potato, margarine, apple Alt Yogurt, Snack Graham crackers, milk	6	
7	8 Breakfast Apple, waffle, margarine, syrup Lunch Quesadilla: black beans, cheddar cheese, corn, canned pears Snack Orange, vanilla yogurt, water Alt canned fruit	9 Breakfast Applesauce, English muffin, margarine, jelly Lunch Teriyaki chicken, rice, broccoli, pineapple Alt Rice and beans Snack Saltine crackers, cheese water	10 Breakfast Banana, corn muffin Lunch Chicken & Rice Soup, crackers, peaches Alt Minestrone soup Snack Pretzels, apple juice Alt Cheerios	11 Breakfast Orange, Cheerios Lunch Dynamites: ground beef, roll, peas, peaches Alt Vegetarian dynamites Snack Graham crackers, milk	12 Breakfast banana, Rice Krispies Lunch Pasta toss w/veggies, pears Snack Muffin, milk	13	
14	15 Breakfast Orange juice, Rice Krispies Lunch Pasta & red sauce, cheese, peas, fruit cocktail Snack Graham crackers, milk	16 Breakfast Apple, peach muffin Lunch Breakfast for lunch: bagel, scrambled egg, hash brown potato, orange Alt Yogurt Snack Pretzels, apple juice Alt Cheerios	17 Breakfast Banana, Cheerios Lunch Turkey Chili, cheddar cheese, bread, pears Alt Vegetarian chili Snack Vanilla yogurt, apple, water Alt Canned fruit	18 Breakfast Orange, English muffin, margarine, jelly Lunch Chicken salad, tortilla, carrots, canned peaches Alt Egg salad or grilled cheese Snack Cheese, saltine crackers, water	19 Breakfast Applesauce, oatmeal muffin square Lunch English Muffin Pizza Cheese, cucumber sticks, pineapple Snack Vanilla wafers	20	
21	22 Breakfast Apple juice, Rice Krispies Lunch Tuna salad, roll, sweet potato fries, apple Alt Grilled cheese Snack Muffin, mil	23 Breakfast Diced peaches, English muffin, margarine, jelly Lunch Spanish Rice: ground beef, peas, rice, orange Alt Beans & Rice Snack Cheese, saltine crackers, water	24 Breakfast Apple, pineapple muffin Lunch Chef salad: turkey, cheese, bread, lettuce, tomato, diced peaches Alt Salad, boiled egg Snack Apple yogurt Alt Canned fruit	25 Breakfast Banana, Cheerios Lunch Chicken Pot Pie, mixed veggies, corn bread square, pears Alt Vegetable soup Snack Graham crackers, milk	26 Breakfast Applesauce, waffle, maragarine, syrup Lunch Macaroni & cheese, tossed salad, pineapple Snack Oatmeal muffin square, milk	27	
28	29 Breakfast Applesauce, English muffin, margarine, jelly Lunch Vegetable rice soup, saltine crackers, pears Snack Vanilla wafers, milk	30 Breakfast Orange, oatmeal muffin square Lunch Hot turkey sandwich, cranberry sauce, slice, green beans apple Alt Egg salad or veggie soup Snack Apple, yogurt, water Alt Canned fruit	31 Breakfast Banana, Rice Krispies Lunch Grilled cheese, carrots, canned peaches Snack Muffin, milk	<p>Milk is served with every meal.</p> 			
							

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