

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|---|
| B R E A K F A S T | | | | | 1 1 Cheese Omelet [M] [E] [S] [C] 1 WG Biscuit 1 oz [M] [G] [S] ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M] |
| | | | | | ----- ½ c Macaroni & Cheese [M] [E] [G] [S] [C] • ¼ oz Cheese; ¼ c WG Noodles 3/8 c Vegetarian Baked Beans [C] ½ c Spinach Salad w Italian [S] [C] ¼ c Peaches ¾ c Milk [M] |
| L U N C H | 4 Cereal and Milk | 5 1 WG French Toast [E] [G] [S] [C] (1.5 oz) ½ c Apple Slices ¾ c Milk [M] | 6 1 WG Stuffed Mini Bagel [M] [G] [S] [C] ½ c Pineapple ¾ c Milk [M] | 7 Cereal and Milk | 8 1 Egg Biscuit [M] [E] [G] [S] (1 oz WG Biscuit/1oz Egg Patty) ½ c Pears ¾ c Milk [M] |
| | ----- <u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp Hummus [SE] ½ oz Slider Cheddar Cheese [M] 1 WG Flour Tortilla (1 oz) [G] [S] ½ c Spinach Salad w Italian [S] [C] ¼ c Pears ¾ c Milk [M] | ----- 1 Chicken Patty [G] [S] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk [M] | ----- 2 oz Meatloaf [M] [G] [T] [S] [C] 1 WG Corn Muffin (1 oz) [E] [G] [S] [C] ¼ c Cheesy Mashed Potatoes [M] ¼ c Honeydew EHS Diced ¾ c Milk [M] | ----- <u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 [G] [S] ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch [M] [E] [G] ¼ c Mandarin Oranges ¾ c Milk [M] | ----- <u>Make Your Own Pizza</u> ½ WW English Muffin [M] [G] [S] 1 oz 2 TBSP Shredded Mozzarella Cheese [M] 1 oz String Cheese [M] ¼ c Marinara Sauce [T] (Hot) ½ c Spinach Salad w Italian [S] [C] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M] |
| B R E A K F A S T | 11 Cereal and Milk | 12 1 WG Pancake [M] [G] [S] [C] / Applesauce Topping 1 oz ½ c Pineapple ¾ c Milk [M] | 13 1 Hardboiled Egg [E] 1 WG Biscuit [M] [G] [S] w PC Jelly [C] ½ c Honeydew ¾ c Milk [M] | 14 Cereal and Milk | 15 ¼ c Scrambled Eggs [M] [E] [S] 1 WG Biscuit [M] [G] [S] ½ c Apricots . ¾ c Milk [M] |
| | ----- 2 oz Oven Fried Chicken Leg [G] [S] 1 WG Wheat Roll [G] [S] [C] (1 oz) ¼ c Glazed Carrots [M] [CN] [S] ¼ c Apple Slices (2-3) ¾ c Milk [M] | ----- 2 oz CN Hamburger Patty [S] [C] 1 WG Bun (1.8 oz) [G] [S] ½ c Spinach Salad w Ranch [M] [E] [G] ¼ c Cantaloupe ¾ c Milk [M] | ----- <u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat alternate) #8 [T] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Cole Slaw [E] [S] [C] 2 Orange Wedges ¾ c Milk [M] | ----- 3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S] [C] ¼ c Pears ¾ c Milk [M] | ----- 1 Cheese Manicotti [M] [E] [G] [C] (2.75oz) w Tomato Basil [T] • 1 ½ oz cheese 2 oz WG grain ½ c Romaine Salad w Ranch [M] [E] [G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M] |
| L U N C H | | | | | |

DAYCARE ALLERGENS
BREAKFAST & LUNCH – MARCH MENU

Dairy/Milk [M] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-----------------------|--|---|--|--|
| B R E A K F A S T | Cereal and Milk 18 | ¼ c WG Oatmeal (0.7 oz) ½ c Peaches ¾ c Milk [M] | ½ WG Bagel [G] [S] [C] w Cream Cheese [M] ½ c Pears ¾ c Milk [M] | Cereal and Milk 21 | ¼ c Scrambled Eggs [M] [E] [S] 1 WG Biscuit [M] [G] [S] (1 oz) ½ c Melon Salad ¾ c Milk [M] |
| | L U N C H | 3 Meatballs(1.5 oz) [M] [T] [G] [S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [M] ¼ c Baby Carrots w Veggie Dip [M] [E] [S] ½ Apple ¾ c Milk [M] | Mediterranean Cold Lunches ¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) [G] [S] [M] [E] 1 Tbsp Hummus ¼ c Petite Broccoli w Italian [S] [C] ¼ c Tropical Fruit Salad ¾ c Milk [M] | ½ c Beef & Bean Chili [M] [C] <i>2 oz meat/meat alternate</i> 1 oz Cornbread [M] [E] [G] [S] [C] ½ c Romaine with Ranch [M] [E] [G] 2 Orange Wedges ¾ c Milk [M] | 3 oz WG Fish Fillet [M] [G] [C] [F] (1.5 oz MMA) ¼ c Bolivian Rice (½ oz Grain) [M] ½ c Spinach Salad w Italian [S] [C] ¼ c Honeydew ¾ c Milk [M] |
| B R E A K F A S T | | Cereal and Milk 25 | 2 French Toast Bites [M] [E] [G] [S] [C] (1.02 oz) ½ c Cantaloupe ¾ c Milk [M] | 2 oz Yogurt [M] 1 Blueberry Mini Muffin 1 oz [E] [G] [S] [C] ½ c Tropical Fruit Salad ¾ c Milk [M] | Cereal and Milk 28 |
| | L U N C H | Italian 2 Chicken Tenders 2 oz [G] [S] [C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G] [S] ¼ c Baby Carrots ½ Apple ¾ c Milk [M] | ½ c Beef & Macaroni Pasta Bake #8 [G] [T] <i>2 oz beef, ¼ c WG noodles(1,3 oz)</i> ¼ c Broccoli w Ranch [M] [E] [G] ¼ c Pineapple ¾ c Milk [M] | 2 oz Oven Fried Chicken Leg [G] [S] 1 oz WG Corn Muffin [E] [G] [S] [C] ¼ c Cole Slaw [E] [S] [C] ¼ c Honeydew EHS Diced ¾ c Milk [M] | Make Your Own Taco ¼ c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [M] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G] [S] ½ c Shredded Lettuce PC Salsa [T] ½ Banana ¾ c Milk [M] |