



March 2024

Breakfast



Mon	Tue	Wed	Thu
<p>4</p> <p>Kix Cereal (1/2 cup)</p> <p>Pears (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>5</p> <p>French Toast (35 gm.)</p> <p>Peaches (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>6</p> <p>Cheese Rounds (.5 oz.)</p> <p>Tropical Fruit (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>7</p> <p>Oatmeal (1/3 cup)</p> <p>Mandarin Oranges (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>
<p>11</p> <p>Cornflakes Cereal (1/2 cup)</p> <p>Bananas (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>12</p> <p>Cheese Quesadillas (.5 oz.)</p> <p>Oranges (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>13</p> <p>Cinnamon Toast (1/2 slice)</p> <p>Mango Chunks (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>14</p> <p>Bagels (14 gm.)</p> <p>Mandarin Oranges (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>
<p>18</p> <p>Cheerios Cereal (1/2 cup)</p> <p>Pears (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>19</p> <p>Eggs (28 gm.)</p> <p>Applesauce (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>20</p> <p>Malt-O-Meal (1/3 cup)</p> <p>Peaches (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>21</p> <p>Waffles (17 gm.)</p> <p>Mango Chunks (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>
<p>25</p> <p>Frosted Mini Wheats (1/2 cup)</p> <p>Pears (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>26</p> <p>Pancakes (17 gm.)</p> <p>Pineapple (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>27</p> <p>Sunflower Butter Toast (1/2 slice)</p> <p>Tropical Fruit (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>28</p> <p>Cheese Rounds (.5 oz.)</p> <p>Mixed Fruit (1/2 cup)</p> <p>Skim Milk (3/4 cup)</p>



March 2024 Lunch



Mon	Tue	Wed	Thu
<p>4</p> <p>Chicken Nuggets (1.5 oz.)</p> <p>French Fries (1/4 cup)</p> <p>Oranges (1/2 each)</p> <p>Skim Milk (3/4 cup)</p>	<p>5</p> <p>Cheese Ravioli (1.5 oz.)</p> <p>Brussel Sprouts (1/4 cup)</p> <p>Pineapple (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>6</p> <p>Chicken & Noodles (1.5 oz.)</p> <p>Carrots (1/4 cup)</p> <p>Mango Chunks (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>7</p> <p>Breaded Mozzarella Cheese (1.5 oz.)</p> <p>Lettuce Salad (1/4 cup)</p> <p>Mixed Fruit (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>
<p>11</p> <p>Hamburger/Buns (1.5 oz.)</p> <p>French Fries (1/4 cup)</p> <p>Peaches (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>12</p> <p>Spaghetti/Meat Sauce (1.5 oz.)</p> <p>Green Beans (1/4 cup)</p> <p>Pears (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>13</p> <p>Chicken Patties (1.5 oz.)</p> <p>Mashed Potatoes (1/4 cup)</p> <p>Tropical Fruit (1/4 cup) Bread (1/2)</p> <p>Skim Milk (3/4 cup)</p>	<p>14</p> <p>Nachos/Meat/Cheese (1.5 oz.)</p> <p>Mixed Vegetables (1/4 cup)</p> <p>Applesauce (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>
<p>18</p> <p>Lasagna Casserole (1.5 oz.)</p> <p>Brussel Sprouts (1/4 cup)</p> <p>Mandarin Oranges (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>19</p> <p>Mandarin Orange Chicken (1.5 oz.)</p> <p>Broccoli (1/4 cup) Rice (1/4 cup)</p> <p>Pineapple (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>20</p> <p>Sloppy Joe/Bun (1.5 oz.)</p> <p>Spinach Salad (1/4 cup)</p> <p>Tropical Fruit (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>21</p> <p>Vegetable Beef Soup (1.5 oz.)</p> <p>Pineapple (1/4 cup)</p> <p>Saltine Crackers (11 gm.)</p> <p>Skim Milk (3/4 cup)</p>
<p>25</p> <p>Hamburger Pizza (1.5 oz.)</p> <p>Lettuce Salad (1/4 cup)</p> <p>Mandarin Oranges (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>26</p> <p>Chicken Fajitas/Tortillas (1.5 oz.)</p> <p>Mixed Vegetables (1/4 cup)</p> <p>Peaches (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>27</p> <p>Macaroni/Cheese/Tuna (1.5 oz.)</p> <p>Peas (1/4 cup)</p> <p>Mango Chunks (1/4 cup)</p> <p>Skim Milk (3/4 cup)</p>	<p>28</p> <p>Turkey Sandwich (1.5 oz.)</p> <p>Carrots (1/4 cup)</p> <p>Oranges (1/2 each)</p> <p>Skim Milk (3/4 cup)</p>



March 2024 Snack



Mon	Tue	Wed	Thu
<p>4</p> <p>Broccoli Florets (1/2 cup) Ranch Dressing Milk (1/2 cup)</p>	<p>5</p> <p>Cheese It Crackers (11 gm.) Milk (1/2 cup)</p>	<p>6</p> <p>Strawberry Yogurt (4 oz.) Banana (1/2 cup/1 each) Water</p>	<p>7</p> <p>Simply Chex (14 gm.) Milk (1/2 cup)</p>
<p>11</p> <p>Turkey Sandwich Water</p>	<p>12</p> <p>Mixed Fruit Cup (1/2 cup) Saltine Crackers (11 gm.) Water</p>	<p>13</p> <p>Breadstick with Mozzarella (1 each) Marinara Sauce Water</p>	<p>14</p> <p>English Muffin (14 gm.) Jelly Skim Milk (1/2cup)</p>
<p>18</p> <p>Animal Crackers (11 gm.) Applesauce (1/2 cup) Water</p>	<p>19</p> <p>Hard Cooked Egg (1 each) Saltine Crackers (11 gm.) Water</p>	<p>20</p> <p>Cauliflower (1/2 cup) Ranch Dressing Skim Milk (1/2 cup)</p>	<p>21</p> <p>Almond/Peanut Butter (TBSP) Celery (1/2 cup) Water</p>
<p>25</p> <p>Banana (1/2 cup/1 each) Yogurt (4 oz.) Water</p>	<p>26</p> <p>Baby Carrots (1/2 cup) Ranch Dressing Skim Milk (1/2cup)</p>	<p>27</p> <p>Bagel (13 gm.) Cream Cheese Skim Milk (1/2cup)</p>	<p>28</p> <p>Apple Wedges (1/2 cup) Skim Milk (1/2cup)</p>