



EAT. GROW. THRIVE.

Foodservice Menu

			2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1-2 YRS	3-5 YRS	6+ YRS	Whole/1% Milk WG Life Cereal Mandarin Orange Segments	Whole/1% Milk WG Muffin (1.8oz) Diced Peaches	Whole/1% Milk WG Chex Cereal Fresh Banana (1/2)	Whole/1% Milk Bagel w/ Cream Cheese Applesauce	Whole/1% Milk WG Pumpkin Bread (1.8 oz.) Pineapple Tidbits	
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	BBQ Chicken	Sloppy Joe Meat	Adobo Chicken	Salisbury Steak with Gravy	Cheese Pizza (2 oz. Mozzarella Cheese)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Parsley Noodles	WG Burger Bun	WG Cilantro Rice	WG Dinner Roll	WG Crust
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Peas and Carrots	Broccoli	Red Beans	Mashed Potatoes	Green Beans
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Diced Pears	Pineapple Tidbits	Fresh Melon	Fresh Banana(1/2)
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers(1 bag)	Graham Crackers	Cornbread Muffin	Oatmeal Energy Square	Mini Pretzels
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Cheddar Cheese Stick	Vanilla Yogurt	Fresh Orange Wedges	Diced Pears	Fresh Baby Carrots
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.			Margarine		Hummus

			9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bran Flakes	WG Muffin (1.8oz)	WG Cherrios Cereal	Bagel w/ Cream Cheese	WG Apple Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Peaches	Fresh Banana (1/2)	Mango Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Alfredo Chicken	Beef Taco Meat (Seasoned Ground Beef)	Sliced Turkey and Gravy	Beef and Chicken Meatballs	Grilled Cheese Sandwich (2 oz Amer. Cheese)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Parsley Noodles	Shredded Lettuce/Cheese	WG Cornbread Stuffing	WG Spaghetti and Sauce	WG Bread
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Baby Carrots	Mexicorn	Broccoli	Green Beans	Home Fried Potatoes
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Pineapple Tidbits	Diced Peaches	Fresh Melon	Fresh Orange Wedges
				WG Flour Tortilla	Taco Sauce			
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers(1 bag)	Graham Crackers	WG Pita Bread	WG Goldfish Crackers(1/3c)	
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana	Fresh Apple Wedges	Sliced Cucumbers/Ranch	Diced Pears	Diced Peaches
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					Vanilla Yogurt

*Serve only WHOLE MILK to children between the ages of 1 and 2. Serve only 1% or SKIM MILK to children ages 2 and older.
 ** Meat and Cheese: 1 oz.=1 ounce, 1/2 EGG=1 oz., 1/2 c. BEANS/PEAS=1 oz., 2 Tbsp SEED BUTTER=1 oz., 1/2 c. YOGURT=1 oz.
 WG next to item=WHOLE GRAIN. At least 1 item per day MUST be whole grain
 oz eq=OUNCE EQUIVALENT
 WATER IS AVAILABLE UPON CHILDREN'S REQUEST AT ALL TIMES

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			16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Granola	WG Muffin (1.8 oz)	Corn Flakes Cereal	Bagel w/ Cream Cheese	WG Banana Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Peaches	Fresh Banana (1/2)	Cinnamon Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Greek Grilled Chicken	Beef and Pasta (3/4 c) <small>(1 1/2 oz. Beef, 3 oz Sauce)</small>	Chicken Nuggets(4)	BBQ Meatballs	Cheese Ravioli(4) <small>and Spaghetti Sauce</small>
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Naan Bread	WG Elbow Pasta	WG Pineapple Rice	WG Dinner Roll	Romaine Salad(1/2 c)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Roasted Carrots	Broccoli	Green Beans	Mashed Potatoes	Fresh Banana (1/2)
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Diced Pears	Fresh Orange Wedges(4)	Diced Peaches	
MILK*	4 oz.	6 oz.	8 oz.	Tzatziki Sauce Whole/1% Milk	Whole/1% Milk	Sweet and Sour Sauce Whole/1% Milk	Whole/1% Milk	Ranch Dressing Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Annie's Bunny Grahams	Ritz Crackers(5)	WG Blueberry Muffin	WG Pita Bread	WG Goldfish Crackers(1/3c)
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Vanilla Yogurt		Fresh Melon	Fresh Baby Carrots/Ranch	Pineapple Tidbits
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese			

			23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Cinnamon Chex Cereal	WG Raisin Bread/Margarine	WG Special K Cereal	Bagel w/ Cream Cheese	WG Zucchini Bread
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Peaches	Fresh Banana (1/2)	Cinnamon Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Breaded Chicken Patty	Beef Taco Meat <small>(Seasoned Ground Beef)</small>	Glazed Turkey Ham	Meatballs and Sauce	Macaroni and Cheese
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Spanish Rice	Shredded Lettuce/Cheese	WG Dinner Roll	WG Hot Dog Bun	Romaine Salad(1/2 c)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Red Beans	Mexicorn	Hash Brown Casserole	Garlic Broccoli	Fresh Banana(1/2)
FRUIT	1/8 c.	1/4 c.	1/3 c.	Applesauce	Pineapple Tidbits	Fresh Orange Wedges(4)	Diced Peaches	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	WG Flour Tortilla Taco Sauce	Whole/1% Milk	Whole/1% Milk	Ranch Dressing Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Pretzel Sticks	Club Crackers	WG Pita Pocket	Snack Mix	Shortbread Crackers(1 bag)
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.				Fresh Orange Wedges	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	Sunflower Butter	Cheddar Stick	Chicken Salad		Vanilla Yogurt

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Foodservice Menu

			30-Mar	31-Mar			
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk		
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Life Cereal	WG Muffin (1.3oz)		
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Peaches		
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	BBQ Chicken	Sloppy Joe Meat		
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Parsley Noodles	WG Burger Bun		
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Peas and Carrots	Broccoli		
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Diced Pears		
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk		
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers(1 bag)	Graham Crackers		
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.				
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	Cheddar Cheese Stick	Vanilla Yogurt		

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