

- Vegetarian Options available when meat is served
- Meals adapted for Toddlers and Preschool 3's

# March 2010 LUNCH MENU



|          | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|----------|--|--|---|--|--|
| AM Snack | 1<br>Graham Crackers (B)   | 2<br>Bagels w/ Cream Cheese (B)  | 3<br>Apple Churros (B)  | 4<br>English Muffins w/ Cinnamon (B)   | 5<br>French Toast Sticks w/syrup (B)   |
| Lunch    | Turkey Hot Dogs on a Bun (B,P),<br>Ketchup, Cheese Slice (M), Corn<br>(F), Mandarin Oranges (F)<br>Gogurts (M) | Ham & Cheese or PBJ on Wheat Bread<br>(P,M,B), Cucumbers (F),<br>Fruit (F)   | Macaroni & Cheese (P,B)<br>Fruit Cocktail (F),<br>Green Beans (F)   | Tomato Noodle Soup (F,B),<br>Cheese Slices(P), Fruit (F)<br>Rolls (B)  | <b>BROWN BAG DAY</b>   |
| PM Snack |  | Applesauce cups & Crackers (F,B)   | Pretzel Trail Mix (B)   | Butterscotch Pudding (M,P)   | Nutrigrain Bars (B,)   |
| AM Snack | 8<br>Bagels w/ Cream Cheese (B)  | 9<br>Graham Crackers & Jelly (B)   | 10<br>Whole Grain Waffle Sticks (B)   | 11<br>Cereal Trail Mix & Gogurt (B,P)  | 12<br>Mini Pancakes & Syrup (B)  |
| Lunch    | Chicken in Gravy (P),<br>Rice (B), Carrots (F),<br>Peaches (F)   | Bologna & Cheese or PBJ on Wheat<br>Bread (P,M,B), Fresh Fruit (F)<br>Carrots/Celery/Hummus(F,P)                     | Bow Tie Pasta (B), Alfredo Sauce,<br>Pears (F), Peas(F)   | Meatball Subs / sauce (B,P),<br>Cheese Slice (M), Pears (F)<br>Corn (F)  | <b>BROWN BAG DAY</b>   |
| PM Snack | Pretzel Rods w/ Sun Butter (B,P)   | Nilla Vanilla Wafers (B)   | Chocolate Pudding (M)   | Vegetables and Dip (F)   | Dole Fruit Cups (F)  |
| AM Snack | 15<br>Soft Baked Fruit Bars (F,B)  | 16<br>Graham Crackers (B)  | 17<br>Cheese Roll Ups (B,M,P)   | 18<br>Nutrigrain Bars (M,B,F)  | 19<br>Cereal Trail Mix & Gogurt (B,M)  |
| Lunch    | Chicken Nuggetts (P),<br>Mashed Potatoes (B), Corn (F),<br>Peaches (F)   | Turkey or PBJ on Wheat Bread (B,P),<br>Cheese Slice (M)<br>Cucumbers (F), Fresh Fruit (F)                            | Whole Wheat Ziti w/ Tomato<br>Sauce (B) Green Beans (F),<br>Pineapples (F), Cheese Slice (P)  | Tacos with All in the Fixings (B,P,F),<br>Rice (B)<br>Pineapples (F)   | <b>BROWN BAG DAY</b><br><b>PTO Pizza</b>   |
| PM Snack | Applesauce Cups & Crackers (B,F)   | Pretzel Trail Mix (B)  | Vanilla Pudding (M,P)   | Goldfish Grahams & Gogurt (B,P)  | Healthy Choice Variety   |
| AM Snack | 22<br>Soft Baked Fruit Bars (F,B)  | 23<br>Honey Wheat Bars (B)   | 24<br>Graham Crackers & Sun Butter (B,P)<br>Whole Wheat Rotini (B), Tomato Sauce,<br>Green Beans (F), Mandarin Oranges (F),<br>Cheese Slice (M) | 25<br>English Muffins w/ cinnamon (B)  | 26<br>Mini Pancakes & Syrup (B)  |
| Lunch    | Turkey Hot Dogs on a Bun (B,P),<br>Ketchup, Cheese Slice (M), Corn<br>(F), Mandarin Oranges (F)                | Tuna Fish or PBJ on Wheat Bread<br>(P,B), Cheese Slice (M), Carrots/Celery<br>Sticks (F), Fresh Fruit (F), Hunnus(F) | Crackers & Hummus (B,P)   | Chicken in Gravy (P),<br>Rice (B), Carrots (F),<br>Peaches (F)   | <b>BROWN BAG DAY</b><br><b>PTO Pizza</b>   |
| PM Snack | Vegetables and Dip (F)   | Nilla Vanilla Wafers (B)   |   | Animal Crackers (B)  | Cheese Sticks and Applesauce Cups (F,P)  |
| AM Snack | 29<br>Cereal Bars (B)  | 30<br>Graham Crackers w/ Jelly (B,F)   | 31<br>French Toast Sticks (B)   | Cereal Bars (B) <u>OUR DAILY</u><br><u>NUTRITIONAL GOALS</u><br>Bread – 6, Fruit /Veg– 3<br>Protein – 2, Dairy – 2<br>(Some days will vary)<br><u>REQUIREMENT SYMBOLS</u><br>F –Fruit & Vegetables<br>M – Milk & Cheese<br>P – Protein<br>B – Bread, Rice, Pasta | <u>BREAKFAST</u><br>Choice of Bagels & Cream<br>Cheese, 2 Sweetened cereals or 2<br>unsweetened cereals<br>Children in Preschool 3's through<br>Grade 6 are served 1% milk |
| Lunch    | French Toast Sticks (B),<br>Applesauce (F), Sausage (M,P),<br>Bananas (F), Gogurt (P)                          | Soft Tacos with tomato, lettuce, cheese<br>(B, F, P), Salsa (F), Rice (B),<br>Pineapples (F)                         | Macaroni & Cheese (B,P), Mandarin<br>Oranges (F), Peas (F)  |  | Salad Bar available on Mondays<br>through Thursdays for<br>Grades K-6.   |
| PM Snack | Pretzel Rods with Sun Butter (B,P)   | Chocolate Pudding (M,P)<br>Cereal Bars (B)   | Pretzel Trail Mix (B)   |  |  |

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