

March



What's in

Asparagus

Avocados

Bananas

Beets

Bok Choy

Broccoli



Brussels

22

10

2010

100

3

References

100

100% 90% 80% 70% 60% 50% 40% 30% 20% 10% 0%

Abstract





[illegible]

References

Onions

Turnips



March 2021 Menu - Updated 2.1.21						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Important Notes
	1	2	3	4	5	
	Turkey Chili Mac & Cheese	Veggie Meatballs with Vegetarian Gravy	Turkey Slider	Grilled Cheese Sandwich	Beef Lasagna	Green squares indicate daily vegetarian entrée.
	Veggie Crumble Mac & Cheese	Veggie Meatballs with Vegetarian Gravy	Veggie Patty on Hawaiian Slider	Grilled Cheese Sandwich	Veggie Lasagna	
	Green Beans	Broccoli	Yellow Squash with Ranch	Tomato Soup	Peas	
	Mango	Cantaloupe	Honeydew	Pineapple	Cantaloupe	
	School Aged Snack: Cookie	School Aged Snack: Chex Mix	School Aged Snack: Whole Grain Goldfish	School Aged Snack: Pudding Cup	School Aged Snack: Rice Krispies Treat	
What's in Season?	Milk	Milk	Milk	Milk	Milk	Our produce is >75% locally sourced
Asparagus	8	9	10	11	12	
Avocados	Cheese Quesadilla	Baked Ziti Pasta	Whole Grain Waffles with Strawberry Sauce and Turkey Sausage	Turkey Mini Meatloaf	Cheese Pizza	
Bananas	Cheese Quesadilla	Baked Ziti Pasta	Whole Grain Waffles w/Strawberry Sauce & Veggie Patty	Veggie Sliders on Bun	Cheese Pizza	
Beets	Broccoli	Green Beans	Cauliflower	Roasted Potatoes	Cucumber with Ranch	
Bok Choy	Applesauce	Mango	Honeydew	Carrots	Pineapple	Toddlers will be served whole milk 2's and above will be served 1% milk
Broccoli	School Aged Snack: Cinnamon Graham Crackers	School Aged Snack: Cookie	School Aged Snack: Whole Grain Goldfish	School Aged Snack: Jello Cup	School Aged Snack: Pudding Cup	
	Milk	Milk	Milk	Milk	Milk	
	15	16	17	18	19	
Brussels Sprouts	Cheese Tortellini with Rosa Crema Sauce	Roasted Chicken with Gravy	Vegetarian Bean Chili	Chicken Pasta Alfredo	Grilled Cheese Sandwich	
Cabbage	Cheese Tortellini with Rosa Crema Sauce	Veggie Meatballs with Veggie Gravy	Vegetarian Bean Chili	Pasta Alfredo	Grilled Cheese Sandwich	Soy milk is available upon request
Carrots	Green Beans	Zucchini	Cucumber with Ranch	Zucchini	Tomato Soup	
Cauliflower	Cantaloupe	Pineapple	Cran Apple Sauce	Mango	Honeydew	
Celery	School Aged Snack: Pretzels	School Aged Snack: Cookie	School Aged Snack: Cinnamon Graham Crackers	School Aged Snack: Jello Cup	School Aged Snack: Pudding Cup	
Citrus	Milk	Milk	Milk	Milk	Milk	
Kiwi	22	23	24	25	26	*In the event you determine that your child(ren) is or may be allergic to any menu item, please notify Bright Horizons immediately, both via phone and in writing, at South House x76793 #2. Parents are responsible for providing alternative menu items for their child(ren).
Leeks	Whole Wheat Pasta with Garlic Butter	Oven Roasted Turkey Breast with Gravy	Cheese Pizza	Veggie Meatballs with Tomato Sauce	Bean & Cheese Burrito	
Lemons	Whole Wheat Pasta with Garlic Butter	Veggie Patty with Veggie Gravy	Cheese Pizza	Veggie Meatballs with Tomato Sauce	Bean & Cheese Burrito	
Limes	Vanilla Yogurt	Diced Sweet Potatoes		Veggie Orzo		
Mango	Peas	Broccoli	Cucumber with Ranch	Cauliflower	Green Beans	
Mushrooms	Pineapple	Applesauce	Mango	Honeydew	Cantaloupe	
Parsnips	School Aged Snack: Jello Cup	School Aged Snack: String Cheese	School Aged Snack: Cookie	School Aged Snack: Pudding Cup	School Aged Snack: Cinnamon Graham Crackers	
Pears	Milk	Milk	Milk	Milk	Milk	
Pineapple	29	30	31	1	2	
Potatoes	Turkey Sloppy Joe on Whole Wheat Bun	Herb Chicken with Gravy	Spaghetti with Beef Bolognese Sauce	Cheese Quesadillas	Veggie Lasagna	
Rutabagas	Veggie Sloppy Joe on a Whole Wheat Bun	Veggie Meatballs with Vegetarian Gravy	Spaghetti with Tomato Basil Marinara Sauce	Cheese Quesadillas	Veggie Lasagna	
Sweet Onions	Carrots	Spinach with Ranch	Zucchini	Peas	Broccoli	
Turnips	Honeydew	Mango	Cran Apple Sauce	Cantaloupe	Pineapple	
	School Aged Snack: Pudding Cup	School Aged Snack: Pretzels	School Aged Snack: Cheesy Garlic Bread	School Aged Snack: Jello Cup	School Aged Snack: Cookie	
	Milk	Milk	Milk	Milk	Milk	
Menu is subject to change without notice based on food availability.						
* This menu satisfies the USDA Child Care Food Program guidelines. Please review this menu carefully and determine whether your child(ren) may be allergic to any menu item ("Allergen"). If you believe your child(ren) may be allergic to any item on this menu, or if you would like additional information regarding the ingredients of any menu item, please contact the Camp Amgen front office x71634. Upon your request, you will receive a complete list of ingredients for each menu item requested.						