




# Lunch March, 2019



~This menu is designed for children age 12+ months	Fresh fruits include but are not limited to: apples,, oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider	 Visit us at <a href="http://www.goodfoodco.com">www.goodfoodco.com</a> Age appropriate milk must be served with lunch		3/1 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
3 /4 Chicken Alfredo with tri-color pasta Salad Fresh fruit	3/5 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit	3/6 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	3/7 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	3/8 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
3/11 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	3/12 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	3/13 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	3/14 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	3/15 *Lasagna Tossed salad Fresh fruit
3/18 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	3/19 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	3/20 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	3/21 Hamburger slider Bean medley +Whole wheat roll Fresh fruit	3/22 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit
3/25 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	3/26 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	3/27 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	3/28 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	3/29 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit

\*Vegetarian meal  
+Whole grain

