



Vegetarian lunch



March 2019



				3/1 +^Beans & Brown rice Tossed salad Tortilla Fresh fruit
3 /4 Tri-color pasta alfredo Salad Fresh fruit	3/5 Quiche – plain or broccoli Peas +Whole wheat bread /butter Fresh fruit	3/6 +^Lentil penne & tomato sauce w/ soy Grated cheese Spinach salad Fresh fruit	3/7 Chix patty Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	3/8 +^Black bean and brown rice burrito w/whole wheat tortilla Corn Grated cheese Fresh fruit
3/11 #Cheese omelette Spinach salad +Whole wheat bread/butter Fresh fruit	3/12 #^French Lentils W/ Thyme Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	3/13 +^Vegetarian dirty brown rice with cheese, vegetables, quinoa & farrow Apple cole slaw Fresh fruit	3/14 Black bean, corn, & cheese quesadilla +With whole wheat tortilla Green beans Fresh fruit	3/15 Lasagna Tossed salad Fresh fruit
3/18 ^Teriyaki patty Grated cheese Tossed salad Fresh fruit	3/19 #^Vegetarian 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 Gardenburger Bean medley +Whole wheat roll Fresh fruit	3/22 Quinoa, couscous, and parmesan California blend vegetables +Whole wheat bread/butter Fresh fruit
3/25 #^Vegetarian sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	3/26 +Whole grain cheese melt Tomato alphabet soup Fresh fruit	3/27 #^Picadillo Pineapple/Mango Coleslaw +Whole wheat bread/butter Fresh fruit	3/28 +^Broccoli & cheddar quinoa w/brown rice Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	3/29 +Whole wheat macaroni & cheese Mixed vegetables Fresh fruit

+Whole grain


Entrée is Gluten Free

^ Entrée is Vegan



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<p>~This menu is designed for children age 12+ months</p>	<p>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</p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>		<p>3/1 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit</p>
<p>3 /4 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>3/5 *Broccoli quiche Peas +Whole wheat bread/butter Fresh fruit</p>	<p>3/6 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>3/7 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit</p>	<p>3/8 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>
<p>3/11 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>3/12 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>3/13 +Dirty brown rice with beef, vegetables,quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>3/14 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>3/15 *Lasagna Tossed salad Fresh fruit</p>
<p>3/18 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit</p>	<p>3/19 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit</p>	<p>3/20 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>3/21 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>3/22 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>3/25 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>3/26 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>3/27 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>3/28 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p>	<p>3/29 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>

*Vegetarian meal
+Whole grain



Breakfast & Snack



March 2019



				3/1 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
3 /4 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	3/5 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Strawberry/banana yogurt	3/6 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	3/7 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	3/8 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
3/11 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	3/12 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	3/13 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	3/14 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	3/15 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes
3/18 +Rice Chex Fresh fruit ~~~~~ Graham cracker Diced peaches	3/19 Cinnamon bagel w/butter Fresh fruit ~~~~~ Saltines Cherry/vanilla yogurt	3/20 +Kix Fresh fruit ~~~~~ Flatbread Sliced cheddar	3/21 Bran muffin Fresh fruit ~~~~~ Diced pears Cereal snack mix	3/22 +Blueberry-peach oatmeal ~~~~~ Whole wheat pita bread Cucumber slices
3/25 +Whole wheat flakes Fresh fruit ~~~~~ Wheat thins String cheese	3/26 +Wheat bagel w/cream cheese Fresh fruit ~~~~~ Vanilla yogurt with Granola	3/27 +Cheerios Fresh fruit ~~~~~ Soft pretzel Applesauce	3/28 Rice Crispies Fresh fruit ~~~~~ +Whole wheat pita pizza with Cheese	3/29 +Apple oatmeal ~~~~~ +Soft breadsticks Cheese cubes

+ Whole grain

