

March Lunch Menu

~This menu is designed for children age 12+ months

*Vegetarian meal

+Whole grain

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



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www.goodfoodco.com 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, veg-
etables,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


March Vegetarian Menu



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+Whole grain # Entrée is Gluten Free ^ Entrée is Vegan <i>~This menu is designed for children age 12+ months</i>	<i>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</i>			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

March Breakfast/Snack Menu

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