

Menu

March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	2 Gluten Free Chex Fresh Fruit Milk	3 Whole Wheat Cinnamon & Raisin Cream Cheese Fresh Fruit Milk	4 Cinnamon Oatmeal Raisins Milk	5 Vanilla Yogurt Granola Milk	6 Whole Wheat Waffles Fresh Fruit Milk
Lunch	Spaghetti marinara & meatballs Chopped Salad Garlic Bread Seasonal Fruit <u>Spaghetti Marinara</u> Milk	Teriyaki Chicken Chow Mein Seasonal Fruit <u>Lentil Soup and Garlic Bread</u> Milk	BBQ beef Rice Carrots Seasonal Fruit <u>Bean & Cheese Burrito</u> Milk	Baked Chicken Couscous Broccoli <u>Morning Star Veggie Patty</u> Milk	Ravioli In Creamy Tomato Sauce Steamed Veggies Seasonal Fruit <u>Cheese Ravioli</u> Milk
Afternoon Snack	Cheese Whole Wheat Crackers	Rice Cakes Fresh Fruit	Grilled Cheese Sandwich Fresh Fruit		SunButter and Apple Slices
Morning Snack	9 Chex Cereal Fresh Fruit Milk	10 Whole Wheat English Muffins Cream Cheese Fresh Fruit Milk	11 Whole Wheat Bagels Cream Cheese Fresh Fruit Milk	12 Eggs Whole Wheat Toasts Milk	13 Whole Wheat French Toast Fresh Fruit Milk
Lunch	Fettuccini Alfredo With Chicken Green Beans Garlic Bread Seasonal Fruit <u>Fettuccini Alfredo</u> Milk	Oven Roast Turkey, Mashed Potatoes Carrots & Peas Seasonal Fruit <u>Cheese Quesadilla</u> Milk	Beef, Bean & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Bean & Cheese Burrito</u> Milk	BBQ Chicken Mac & Cheese, Green Beans Seasonal Fruit <u>Tomato Basil Soup & Garlic Bread</u> Milk	Baked Tilapia Brown Rice Veggies Seasonal Fruit <u>Vegetable Soup & Grilled Cheese</u> Milk
Afternoon Snack	Yogurt Parfait Fruit	Cheese Quesadilla Avocado	Rice Cake Sunbutter	Whole Wheat Pita Hummus	String Cheese Whole Wheat Crackers
Morning Snack	16 Cereal Fresh Fruit Milk	17 Cinnamon & Raisin Toast with Cream Cheese Fresh Fruit Milk	18 Cinnamon Oatmeal Raisins Milk	19 Whole Wheat Pancakes Fresh Fruit Milk	20 Whole Wheat Bagels Cream Cheese Fresh Fruit Milk
Lunch	Spaghetti Marinara & Meatballs Chopped Salad Garlic Bread Seasonal Fruit <u>Spaghetti Marinara</u> Milk	Chicken, Rice & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Rice & Cheese Burrito</u> Milk	Teriyaki Beef Broccoli Brown Rice Seasonal Fruit <u>Lentil Soup & Grilled Cheese</u> Milk	Chicken Tenders Couscous Green Beans <u>Morning Star Veggie Patty</u> Milk	Ravioli In Creamy Tomato Sauce Steamed Veggies Seasonal Fruit <u>Cheese Ravioli</u> Milk
Afternoon Snack	Applesauce Graham Crackers	Turkey and Cheese in Whole Wheat Tortilla	Cheese Pizza on Whole Wheat Bagel	Grilled Cheese Sandwich Avocado	Whole Wheat Pita Hummus
Morning Snack	23 Cereal Fresh Fruit Milk	24 Whole Wheat French Toast Fresh Fruit Milk	25 Vanilla Yogurt Honey & Oats Granola Fresh Fruit Milk	26 Eggs Whole Wheat Toast Milk	27 Cinnamon Cream of Wheat Dried Fruit Milk
Lunch	Chicken Burger Baked Tater Tots Tomato & Pickles Bananas <u>Lentil Soup & Garlic Bread</u> Milk	Lasagna Salad Garlic Bread Seasonal Fruit <u>Broccoli Soup & Bread</u> Milk	Beef, Bean & Cheese Burrito Steamed Veggies Seasonal Fruit <u>Bean & Cheese Burrito</u> Milk	Chicken Noodle Soup Grilled Cheese Sandwich <u>Vegetable Soup</u> <u>Grilled Cheese Sandwich</u> Milk	Pepperoni & Cheese Pizza Chopped Salad Yogurt Parfait <u>Cheese Pizza</u> Milk
Afternoon Snack	Naan Bread Provolone Cheese	Rice Cake Fresh Fruit	SunButter and Apple Slices	Whole Wheat Pita Hummus	Turkey and Cheese Tortilla Wrap