

Young Explorers at United Therapeutics

Menu for Week of:

March 18-22

Day	Morning Snack	Lunch	Afternoon Snack
Monday	Corn Chex* cereal Apricot halves Milk	Vegetarian chili w/ beans Hush puppies Mango Milk	Cheez-its Apples (pears)
Tuesday	Whole grain English muffins* w/jelly Oranges Milk	Old Bay baked cod Brown rice* Green beans Diced peaches Milk	Pretzel roll Cheese
Wednesday	Crispy rice Diced pears Milk	Spaghetti* w/ meat & tomato sauce French bread* Green salad w/red cabbage (cabbage) [Italian] Milk	Blueberry banana muffin squares* Cantaloupe
Thursday	Hardboiled eggs Wheat bread* Oranges Milk	String cheese Minestrone soup w/vegetables & beans Oyster crackers Apple wedges (bananas) Milk	Garbanzo bean dip Pita wedges*
Friday	Bran flakes* Strawberries Milk	Baked chicken drumsticks Breadsticks* Mashed potatoes Slaw (cabbage) Milk	Ginger muffin squares* Pineapple tidbits



- Meal service provided by the CCSA
- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old.
- Substitutions provided for age group restrictions as well as medical needs/documentated family preferences
- *Designates Whole Grain Rich

Parents: This menu is subject to change without notice due to deliveries and emergencies.

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