



March 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM: Lowfat yogurt & organic animal crackers L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Hard boiled egg & Club crackers
4 AM: Fresh fruit & organic animal crackers L: Turkey hot dog, french fries, fresh fruit & milk PM: String cheese & crackers	5 AM: Whole wheat cinnamon toast & milk L: Pasta with marinara sauce, mixed veggies & milk PM: Fresh fruit & graham crackers	6 AM: French toast sticks and fresh fruit L: Cheese tortellini with marinara sauce, fresh fruit, green beans & milk PM: Carrot sticks and ranch	7 AM: Graham cracker and milk L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Fresh fruit & organic animal crackers	8 AM: Fresh fruit & bagels L: Turkey and cheese sandwich, Goldfish crackers, fresh fruit & milk PM: Cheese slices & crackers
11 AM: Cereal and milk L: Fish sticks, rice pilaf, green beans & milk PM: Goldfish crackers & raisins	12 AM: Toasted English muffin & milk L: Chicken noodle soup, crackers, fresh fruit & milk PM: Snack mix & fresh fruit	13 AM: Fresh fruit & Graham crackers L: Cheesy scrambled eggs, tater tots, fresh fruit & milk PM: Snack mix & fresh fruit	14 AM: Cereal & milk L: Vegetarian bean and cheese burritos, fresh fruit & milk PM: Fresh fruit & Graham crackers	15 AM: Lowfat yogurt & organic animal crackers L: Turkey and cheese slices with crackers, fresh fruit & milk PM: Pretzels & fresh fruit
18 AM: Cereal & milk L: Cheese quesadilla, vegetarian refried beans, fresh fruit & milk PM: Snack mix & fresh fruit	19 AM: Toasted bagels and fruit L: Cheese Tortellini, mixed veggies & milk PM: Fresh fruit & Goldfish crackers	20 AM: Fresh fruit & organic animal crackers L: Wow Butter & jelly sandwiches on whole wheat, goldfish, fresh fruit & milk PM: Cheese sticks & crackers	21 AM: Oatmeal & fresh fruit L: Grilled cheese on whole wheat, carrots, fresh fruit & milk PM: Pretzels & raisins	22 26 AM: Fresh fruit & Graham crackers L: Macaroni and Cheese, green peas & milk PM: Apple slices & crackers
25 AM: French toast sticks and milk L: Cheese quesadilla, rice pilaf, fresh fruit & milk PM: Goldfish crackers & raisins	26 AM: Waffles & fresh fruit L: Turkey and cheese sandwiches on whole wheat, carrot sticks, fresh fruit & milk PM: Animal crackers & milk	27 AM: Graham crackers & milk L: Pasta with marinara sauce, corn and fruit PM: Cheese and crackers	28 AM: Pancakes & blueberries L: Turkey and cheese slices with crackers, fresh fruit and milk PM: Pretzels & raisins	29 AM: Cereal and milk L: Cheese pizza, peas and milk PM: Wheat thins and fruit

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Breakfast is always cold cereal, milk and fresh fruit and is served from 6:00 am - 7:00 am