

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Whole Grain Croissant w/Fruit,Water/Milk Jamaican Beef Patty, w/ Whole Grain Brown Rice w/ Stewed Kidney Beans Applesauce Yogurt, Fruit, Water	Whole Grain Waffles w/ Fruit,Water/Milk Chili Mango Chicken, w/ Whole Grain Brown Rice w/ Corn Banana Animal Cracker, Fruit, Milk/Water	Whole Grain Bagel w/Fruit,Water/Milk Whole Grain Cheese Pizza Sticks w/ Green Beans w/ Red peppers Orange Terra Vegetable Chips, Fruit, Milk/Water
6	7	8	9	10
Whole Grain Cereal w/ Fruit, Water/Milk Breaded Chicken Sandwich, Mayo WW Burger Bun, w/ Zesty Corn Salad over Greens, Dressing Honey Dew Melon Mozzarella Cheese Sticks, Fruit, Water	Blueberry Muffin w/ Fruit, Water/Milk Salisbury Steak with Gravy, w/Roasted Potatoes, Carrots WW Dinner Roll Orange Sweet Potato, Fruit, Milk/Water	Whole Grain Croissant w/Fruit,Water/Milk Pancakes, Sausage Links, w/ Tater Tots, Syrup w/ Whole Wheat Bread Slice Apple Saltine Crackers, Fruit, Milk/Water	Whole Grain Waffles w/ Fruit,Water/Milk Chicken Nuggets w/ Sour Dipping Sauce w/ Mixed Vegetables, WW Dinner Roll Mandarins Yogurt, Fruit, Water	Whole Grain Bagel w/Fruit,Water/Milk Cheese Ravioli and meatballs with marinara w/ Cali Gold Vegetables WW Dinner Roll, Butter Chilled Pears Pancake, Fruit, Milk/Water
13	14	15	16	17 Professional Development Day
Whole Grain Cereal w/ Fruit, Water/Milk Barbequed Chicken Sandwich w/ Green Beans WW Dinner Roll Cantaloupe Yogurt, Fruit, Water	Blueberry Muffin w/ Fruit, Water/Milk Meat Lasagna w/ Tossed Salad, Dressing w/ Whole Wheat Bread Slice w/Butter Chilled Peaches Sweet Potato, Fruit, Milk/Water	Whole Grain Croissant w/Fruit,Water/Milk Mac & Cheese w/ Popcorn Chicken WW Roll and Garden Veg Honey Dew Pancake, Fruit, Milk/Water	Whole Grain Waffles w/ Fruit,Water/Milk Cheeseburger, Cheese, w/ Whole Wheat Burger Bun w/ Green beans Orange Gold Fish, Fruit, Milk/Water	
20	21	22	23	
Whole Grain Cereal w/ Fruit, Water/Milk Grilled Chicken w/Cream Sauce w/ Mashed Potatoes, Green Beans w/ Whole Grain Bread Slice w/Butter Chilled Mandarins Pancake, Fruit, Milk/Water	Blueberry Muffin w/ Fruit, Water/Milk Meat Lasagna w/ Caesar Salad Dressing w/ Whole Wheat Dinner Roll w/Butter Cantaloupe Yogurt, Fruit, Water	Whole Grain Croissant w/Fruit,Water/Milk Apple Pancakes, w/ Sausage Links, Syrup, Tater Tots w/ Whole Wheat Bread Slice, Slice,, Chilled Peaches Animal Cracker, Fruit, Milk/Water	Whole Grain Waffles w/ Fruit,Water/Milk Meatball Subs with Shredded Mozzarella w/ Whole Wheat Sub Roll w/ Carrots WW Honeydew Saltine Crackers, Fruit, Milk/Water	Whole Grain Bagel w/Fruit,Water/Milk Roast Turkey with Gravy, w/ Sweet Potatoes and Mixed Vegetables WW Dinner Roll Orange Mozzarella Cheese Sticks, Fruit, Water
27	28	29	30	31
Whole Grain Cereal w/ Fruit, Water/Milk Chicken Parmesan w/ Whole Wheat Pasta Salad w/ Dressing Apple Terra Vegetable Chips, Fruit, Milk/Water	Blueberry Muffin w/ Fruit, Water/Milk Breaded Chicken Tenders w/ BBQ Dipping Sauce w/ Carrot s and WW Dinner Roll Fruit Sweet Potato, Fruit, Milk/Water	Whole Grain Croissant w/Fruit,Water/Milk Whole Grain Penne Pasta w/ Meat Sauce w/ Italian Green Beans Chilled Pears Pancake, Fruit, Milk/Water	Whole Grain Waffles w/ Fruit,Water/Milk Cheeseburger, Cheese, w/ Whole Wheat Bun, Ketchup, w/ Mixed Vegetables Cantaloupe Yogurt, Fruit, Water	Whole Grain Bagel w/Fruit,Water/Milk Mac & Cheese w/ Popcorn Chicken Green beans WW Roll Chilled Peaches Gold Fish, Fruit, Milk/Water

I _____ agree to serve ALL above food to my child/children _____

Signature: _____ Date: _____

- Notes:**
- Breakfast
 - Lunch
 - Snack