

MARCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
1 B: Pears & CN Egg Patty L: WG CN Chicken Patty Roasted Root Veg. Blueberries S: Apple/WG Grahams	2 B: Mix Fruit & Oatmeal L: Hmong Beef WG Rice Mixed Vegetables Mandarin Oranges S: Pineapple/Milk	3 B: Strawberries / WG Toast L: Chicken Pot Pie over WG Biscuit Green Beans Applesauce S: Pears/Yogurt	4 B: Orange & WG Chex L: Beef Goulash over WG Noodles Corn Mixed Fruit S: Peppers/String Cheese	5 B: Apple/WG Cheerios L: Mediterranean Tuna in WG Pita Bread Carrot Sticks Tropical Fruit S: Peaches/Milk
8 B: Apple/WG Cheerios L: CN Hamburger Patty on WG Bun Green Beans Tropical Fruit S: Peaches/Yogurt	9 B: Orange/WG Toast L: White Chicken Chili with WG Saltines Carrot Sticks Blueberries S: Mix Fruit/Milk	10 B: Pears/Oatmeal L: WG Rock & Roll Beef Wraps Carrots Cottage Cheese S: wg Breadstick/Marinara	11 B: Applesauce/ Turkey Sausage L: WG Chicken Alfredo Tossed Salad Apricots S: Pineapple/Milk	12 B: Mixed Fruit/Yogurt L: WG CN Maxi Stick Minestrone Soup Apple Slices Cucumbers+Ranch S: WG Sunchips
15 B: Strawberries / WG Waffles L: WG Spaghetti Cauliflower Peaches S: WG Pita/Hummus	16 B: Mix Fruit & Yogurt L: BBQ Chicken on WG Bun Peas Applesauce S: Pears/Milk	17 B: Apple Slices/ WG Cheerios L: WG Enchilada Bake Fiesta Salad Fruit Cocktail Tomato Wedge/ S: String Cheese	18 B: Pears/WG Chex L: Chicken Drumsticks Black Eyed Peas Yams WG Bread Build Your Own Berry Fruit Pizza S: Berry Fruit Pizza	19 B: Orange & WG Toast L: Scrambled Eggs Hash brown Patty Peaches wg Blueberry Muffin S: Apple Slices/Milk
22 B: Apple, WG Toast L: wg Chicken Spaghetti Broccoli Apricots S: wg Breadstick/Marinara	23 B: Orange, Egg Patty L: CN Hamburger Patty on WG Bun Green Beans Corn S: Carrot Sticks/Milk	24 B: Pears/WG Cheerios L: Honey Lime Chicken over Coconut Rice Honey Roast Carrots Crushed Pineapple S: Apple Slices/Yogurt	25 B: Peaches/WG Oatmeal L: Beef Chili with Beans Oyster Crackers Mixed Fruit Berry Delicious Trail Mix S: Trail Mix	26 B: Strawberries /Yogurt L: WG Tuna & Noodles Peas Peaches WG Chips/Salsa + S: Milk
29 B: Mandarin Orange/ Turkey Sausage L: Chicken Salad on WG Bread Carrots Apple Slices S: Pears/Yogurt	30 B: Peaches/Oatmeal L: WG Beef Turkey Loaf Mashed Potatoes Peas S: Hummus/WG Pita	31 B: Orange/ wg Blueberry Muffin L: Chicken Tacos on WG Tortilla Refried Beans Mangos S: Applesauce/Grahams	<p>This month's focus is berries - try fresh, frozen or dried!</p> <p>Try making your own Berry Delicious Trail Mix - just mix dried blueberries & your choice cereals!</p>	

Menu subject to change. WG= Whole Grain. Substitutions may provided for Early Head Start classrooms due to choking hazard.

Milk served daily with breakfast & lunch. Whole milk for children 12-24 months old, low-fat milk to children 2+, water available all day.

Menus developed following USDA CACFP menu planning guidelines. "This institution is an equal opportunity provider"