



All Ages Lunch Menu

March 2020

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma 1oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk

3-5 Year Olds – m/ma 1.5oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday IRISH TUESDAYS	Wednesday	Thursday	Friday
March 2 Balsamic Chicken Dinner Roll Vegetable Fruit Milk (Balsamic Tofu) V	March 3 Turkey Sausage Potato Pancakes WW Bread Applesauce Milk (Veggie Sausage)	March 4 BBQ Meatballs Brown Rice Vegetable Fruit Milk (Veggie Meatballs) V	March 5 Strawberry Yogurt Plain Bagel w/ Cream Cheese Vegetable Fruit Milk	March 6 Mac and Cheese WG Pasta w/Cheese Sauce Vegetable Fruit Milk
March 9 Scrambled Egg and Cheese WW Bread Breakfast Potatoes Fruit Milk	March 10 "Bangers & Mash" Chicken Sausage Mashed Potatoes Dinner Roll Fruit Milk (Veggie Sausage) V	March 11 Meatball Hoagie WG Hoagie Roll Vegetable Fruit Milk (Veggie Meatballs) V	March 12 Spanish Chicken Brown Rice Vegetable Fruit Milk (Spanish Tofu) V	March 13 Turkey and Cheese Hoagie WG Hoagie Roll American Cheese Vegetable Fruit Milk (Cheese Sandwich) V
March 16 Shredded Turkey BBQ WG Roll Vegetable Fruit Milk (BBQ Veggie Meatballs) V	March 17 Cabbage & Beef Casserole Ground Beef, Brown Rice, Cabbage and Tomato Sauce Mixed Vegetables Fruit Milk (Cheese Sandwich) V	March 18 Turkey Ham and Cheese Hoagie WG Hoagie Roll American Cheese Vegetable Fruit Milk (Cheese Sandwich) V	March 19 Grilled Chicken WG Buttered Noodles Vegetable Fruit Milk (Falafels) V	March 20 Chef Salad w/ Turkey and Egg Ranch Dressing Dinner Roll Vegetable Fruit Milk <i>(turkey and cheese on wheat bread 1-2 year old)</i> (Salad w/ Egg & Cheese) V
March 23 Turkey Bologna and Cheese Hoagie WG Hoagie Roll Vegetable Fruit Milk (Grilled Cheese Sandwich) V	March 24 Shepherd's Pie Ground Beef, Mashed Potatoes and Mixed Veg w/ Gravy Dinner Roll Fruit Milk (Grilled Cheese Sandwich) V	March 25 Chicken Taco WG Flour Tortilla Cheddar Cheese Vegetable Fruit Milk (Bean Taco) V	March 26 Swedish Meatballs WG Dinner Roll Vegetable Fruit Milk (Veggie Meatballs) V	March 27 Mac & Cheese w/ Diced Turkey Ham Vegetable Fruit Milk (Mac & Cheese) V
March 30 WG Pasta w/ Meat Sauce Vegetable Fruit Milk (Mac & Cheese) V	March 31 "Irish Stew" Beef, Potatoes and Vegetables Dinner Roll Fruit Milk (Grilled Cheese Sandwich) V			

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos