



Main Lunch Menu March 2023

This institution is an equal opportunity provider.

Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk (*menu modifications in italics*)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk (*menu modifications in italics*)

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

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk	February 28 Swedish Meatballs Brown Rice Peas Fruit Milk Veggie Meatballs	March 1 BBQ Chicken & Cheese on WG Flour Tortilla Carrot Sticks (Garbanzo Beans) Fruit Milk Tofu BBQ	March 2 Turkey & Cheese Sandwich WG Sandwich Roll Tomato/Cucumber Salad Ranch Dressing Fruit Milk Cheese Sandwich	March 3 WG Chicken Tenders Mashed Potatoes Honey Mustard Fruit Milk Veggie Nuggets
March 6 Balsamic Grilled Chicken Brown Rice Green Beans Fruit Milk Balsamic Tofu	March 7 Scrambled Eggs with Cheese WG Biscuit Breakfast Potatoes Fruit Milk	March 8 Italian Chicken Pasta Salad Grilled Chicken w/ WG Pasta, peas, parmesan cheese and Caesar dressing Fruit Milk Edamame	March 9 BBQ Meatball Hoagie w/ Cheese WG Hoagie Roll Peas Fruit Milk Veggie Meatballs "National Meatball Day"	March 10 Turkey & Cheese on WW Bread Mayonnaise Carrots Sticks w/ Ranch (Peeled and Diced Cucumbers w/Ranch 1-2) Fruit Milk Cheese Sandwich "National Ranch Day"
March 13 Grilled Chicken Parmesan w/ Marinara Sauce and Mozzarella Cheese over WG Pasta Green Beans Fruit Milk Tofu Parmesan "Italian"	March 14 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) WG Dinner Roll Fruit Milk Lentil Pie "Irish"	March 15 Chicken Gyro on WG Pita Bread Shredded Lettuce and Diced Tomatoes Tzatziki Sauce Fruit Milk Cheese Sandwich "Greek"	March 16 SW Chicken and Cheddar Wrap w/Salsa Ranch Dressing Carrot Sticks (Garbanzo Beans) Fruit Milk Edamame Wrap "Southwest"	March 17 Corned Beef WG Biscuit Roasted Potatoes Fruit Milk Veggie Patty "Saint Patrick's Day"
March 20 Cheese Tortellini in Meat Sauce Mixed Vegetables Fruit Milk Cheese Tortellini w/ Marinara Sauce "National Ravioli Day"	March 21 Taco Beef w. Cheddar Cheese Tortilla Chips (Flour Tortilla 1-2) Corn Fruit Milk Bean Burrito "National Crunchy Taco Day"	March 22 Chef Salad (Diced Turkey, Diced Turkey Ham) WG Dinner Roll Ranch Dressing Fruit Milk Chic Pea Garden Salad Turkey & Cheddar Cheese, WG Dinner Roll, Peeled and Diced Cucumbers (1-2 yr old)	March 23 Chicken Salad Sandwich on WW Bread Carrot Sticks w/ Ranch (Diced Tomatoes) Fruit Milk Egg Salad Sandwich	March 24 Turkey Sausage String Cheese (3+) WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage
March 27 Hamburger w. Cheddar Cheese WG Sandwich Roll Peas Ketchup Fruit Milk Veggie Patty w. Cheddar Cheese	March 28 Sweet & Sour Chicken Brown Rice Cooked Carrots Fruit Milk Sweet & Sour Veggie Meat Balls	March 29 Turkey Ham & Cheddar Cheese on WW Bread Carrot Sticks (Garbanzo Beans) Mayo Fruit Milk Cheese Sandwich	March 30 WG Chicken Patty Mixed Vegetables BBQ Sauce Fruit Milk Veggie Burger "National Hot Chicken Day"	March 31 Chicken Broccoli Alfredo Pasta w/ WG Pasta Fruit Milk Tofu Broccoli Alfredo

WG = Whole Grain

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