



## Monthly Menu for March 2023

Menu for Week 1			
Day of the Week	Breakfast	Lunch	Snack
Monday 2/27/23	Chex Cereal, Mango, Milk	Beef Meatloaf, Mashed Potatoes, Peas, Whole Wheat Bread, Milk	Sun butter & Crackers
Tuesday 2/28/23	English Muffins w/ Jelly, Apples Sauce, Milk	Cheese Quesadilla on Whole Wheat Wrap, Roasted Corn, Salsa, Sour Cream, Fruit Salad, Milk	Oranges, Milk
Wednesday 3/1/23	Life Cereal, Pears, Milk	Chicken Parmesan, Bowtie Pasta w/Marinara Sauce, Garden Salad, French Dressing, Pears, Milk	Carrot Cake Muffin, Milk
Thursday 3/2/23	Oatmeal w/Raisins, Milk	Baked Haddock w/Lemon Garlic Sauce, Brown Rice, Broccoli, Apples, Milk	Mango, Milk
Friday 3/3/23	Rice Krispy Cereal, Oranges, Milk	Baked Ziti, Green Beans, Fresh Fruit Salad, Milk	Yogurt w/ Pears

Menu for Week 2			
Day of the Week	Breakfast	Lunch	Snack
Monday 3/6/23	Raisin Bran Cereal, Pears, Milk	Cheese Ravioli w/ Marinara Sauce, Broccoli, Fruit Salad, Milk	Sun butter & Apples
Tuesday 3/7/23	Buttermilk Biscuits w/ Jelly, Fresh Fruit Salad, Milk	Turkey Burger w/ Cheese on Whole Wheat Bun, Baked Beans, Apples, Milk	Bananas, Milk
Wednesday 3/8/23	Cheerios, Oranges, Milk	Bacon Caesar Chicken Sliders on Whole Wheat Bun, Corn, Oranges, Milk	Yogurt w/Mango
Thursday 3/9/23	Waffles w/ Syrup, Turkey Sausages, Bananas, Milk	Baked Flounder w/ Creamy Parmesan Sauce, Brown Rice, Pears, Carrots, Milk	Cranberry Muffins, Milk
Friday 3/10/23	Corn Flakes, Apples, Milk	Cheese Pizza on Cauliflower Crust, Green Beans, Fresh Fruit Salad, Milk	Oranges, Milk

## Menu for Week 3

Day of the Week	Breakfast	Lunch	Snack
Monday 3/13/23	Life Cereal, Pears, Milk	Baked Haddock, Green Beans, Fruit Salad, Whole Wheat Bread, Milk	Yogurt w/ Strawberries
Tuesday 3/14/23	Pancakes w/Syrup, Apple Sauce, Milk	Beef Meatball Sliders on Whole Wheat Bun, Potato Wedges, Oranges, Milk	Pears, Milk
Wednesday 3/15/23	Raisin Bran Cereal, Oranges, Milk	BBQ Chicken, Roasted Carrots, Pears Whole Wheat Bread, Milk	Sun butter & Carrot Sticks
Thursday 3/16/23	Bagels w/ Cream Cheese, Fruit Salad, Milk	Turkey Salisbury Steak, Broccoli, Brown Rice, Oranges, Milk	Apples, Milk
Friday 3/17/23	Rice Krispy Cereal, Pears, Milk	Baked Lasagna, Mixed Vegetables, Fruit Salad, Milk	Banana Bread, Milk

## Menu for Week 4

Day of the Week	Breakfast	Lunch	Snack
Monday 3/20/23	Corn Flakes, Pears, Milk	Beef Burgers w/Cheese on Whole Wheat Bun, Sweet Potato Wedges, Apples, Milk	Sun butter & Crackers
Tuesday 3/21/23	English Muffins w/ Apple Butter, Fresh Fruit Salad, Milk	Chicken Quesadilla on Whole Wheat Wrap, Roasted Corn, Sour Cream, Oranges, Milk	Bananas, Milk
Wednesday 3/22/23	Chex Cereal, Oranges, Milk	Baked Cod fish w/ lemon Garlic sauce, Brown Rice, Peas, Pears, Milk	Cheese w/ Apples
Thursday 3/23/23	Oatmeal w/ Raisins, Bananas, Milk	Turkey Meatloaf, Whole Wheat Bread Broccoli Mashed Potatoes, Milk	Oranges, Milk
Friday 3/24/23	Rice Krispy Cereal, Mango, Milk	Tomato Soup, Grilled Cheese, Pears, Milk	Corn Muffins, Milk

## Additional Information

Vegetarian Substitution: Apples and Oranges will be replaced with cheese and/or seasonal melon. Lettuce will be replaced with mixed vegetables. The infant class will be offered whole grain items for their afternoon snack.

Bread [Enriched or Whole-Grain]: ½ slice    Cereal/Pasta [Cooked, Enriched or Whole-Grain] 2 oz.

Organic Milk-Fluid: 12-24 mos.: 4 oz. Whole Milk 24-36 mos. :4 oz. 1% Low-Fat Milk 3-5yr old's: 1% Low Fat