

March 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2. WG Waffle Apple/Strawberry Applesauce Turkey Bacon	3. English Muffin w/ cheese Sliced Tomatoes	4. Mini Bogel w/Cream cheese Diced Peas	5. Rice Krispies ½ Bananas	6. Banana Muffin Diced Peaches	7
	Gilled Ham Cheese on WW bread Diced Peas Fresh Carrots	Roasted Cabbage Roasted Potatoes Corn Bread	Meatballs in red sauce on WW Hotdog bun Roasted Yellow Squash Tropical Fruit	Sliced Turkey w/ gravy Mashed Potatoes Steamed Broccoli Cornbread Stuffing	Taco Soup (Ground Beef, corn, pinto beans Fresh Oranges Saffine Crackers	
	Read- One, Fish, Two Fish, Red Fish, Blue Fish Take goldfish and count in cup Grape Juice	Read- The Cat in the Hat- Dr Seuss Hat- Pattem- Take a stick- Sliced of strawberry , slice of Banana , top with a marshmallow- WW Crackers	Read- Green Eggs and Ham Take a boiled egg, slice, mash up the yoke, add mayo, a drop of green dye, put back in egg , to make a green egg- Sliced Ham	Read Thing one, Thing Two Take two strawberry , put a marshmallow on top, draw eyes, and mouth, put cool whip on to make half- Cheese It's	Read "The Lorox" take a small cup of milk Marshmallow, stick Teddy Graham in the marshmallows Sliced Apples	
8	9. WW Biscuit Turkey Sausage Tropical Fruit	10. WW Toast Pineapple Tidbits	11. French Toast w/ syrup Diced Peaches	12. WG English Muffin Boiled Egg Sliced Tomato	13. Cream of wheat Strawberries	14
	Gilled Chicken Glazed Carrots Diced Peas Bread Stick	Spaghetti w/ meat sauce Roasted Squash Green Peas Garlic Bread	Turkey & Cheese on WW Bread Sliced Cucumbers Pineapple Tidbits	Butter Ham Baked Potato w/ sour cream, butter Steamed Broccoli Bread	Sausage and Cheesy Pizza Tossed Salad w/ Spinach, tomato, cucumbers Corn	
	Vanilla Greek Yogurt Diced Peas	Sliced Cucumbers WW Crackers	Apple Pie Parfait- 4 oz cup, layer, diced apples that the children have diced w/ plastic knife, spiced vanilla yogurt	WW Graham Crackers Applesauce	Cheerios ½ Banana	
15	16. WW Waffle Diced Peas	17. WW Biscuit Applesauce	18. WW Cheese Toast Sliced Strawberries	19. Breakfast Pizza Blueberries	20. Ham Biscuit Fresh Oranges	21
	Lemon Pepper Fish Filet Potato Medley Cole Slaw Hushpuppies	Oriental Chicken w/ Rice Glazed Carrots Snop Peas WW Crackers	Meatloaf Mashed Potatoes Mixed Vegetables Yeast	Ham & Cheese Sandwich Sliced Cucumbers Sliced Tomatoes/Lettuce	BBQ Pork on WW slider bun Steamed Broccoli Baked beans	
	Vanilla Greek Yogurt Diced Peaches	Pumpkin Spice Muffin Milk	Roll Fruit Roll Up- Tortilla Shell , spread cream cheese, add diced strawberries, blueberries, apples - Roll up and eat	Cheese It's Crackers ½ Banana	Sliced Cheese Gold Fish Crackers	

22	23.	24.	25.	26.	27.	28
	Mini Bagel w/ Peanut Butter ½ Banana Hamburger slider on Slider Bun Corn on the Cob Tropical Fruit Cottage Cheese Diced Peaches	Cheese Toast Boiled Eggs Diced Pears Glazed Ham WW Mac and Cheese Steamed Broccoli Diced Carrots Applesauce Teddy Graham Crackers	Greek Vanilla Yogurt Strawberries Fish Filet on WW Bun Cole Slaw Sweet Potato rounds Make your own Pizza-English Muffin , marinara sauce, and shredded cheese. Diced Cucumbers	Cream of Wheat Turkey Sausage Blackberries Stewed Beef w/ Gravy Brown Rice Steamy Cauliflower Pineapple Tidbits Cottage Cheese Mandarin Oranges	Cheerios Diced Peaches Chicken Nuggets Green Beans Diced Peaches WW Roll Applesauce Cheese	
29	30.	31.				
	WW Pancakes Applesauce Grilled Chicken WG Rice Mixed Squash- yellow and zucchini Fresh Apple Diced Cucumbers w/ Ranch Dip Cheese Stick	WW Toast Boiled Eggs Pineapple Tidbits Beefy Chili Steamed Cauliflower Fresh Oranges Whole Wheat Crackers Steamed Broccoli w/ Ranch Dip Sliced Ham				

***Meat or Meat Alternative:** Can be served in place of grain/breads up to 3 times per week at breakfast
****Milk: 1 year old:** Unflavored whole Milk; **2-5 yr old:** unflavored skim. Regulations state that **Milk substitutes** are provided to participants with medic appropriate documentation.

