



March 2016 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack		1 Cereal and Milk	2 Oatmeal Bars	3 Yogurt	4
Lunch		Whole Grain Macaroni & Cheese, Broccoli, Pears and Milk	Tuna Sandwich on Whole Grain Bread, Applesauce, Carrot Sticks with Ranch Dressing and Milk	Pizza, Salad with Ranch Dressing, Pineapple and Milk	Chef's Choice
PM Snack		Pretzels and Milk	Tortilla Chips and Salsa	Spikers Crackers	
AM Snack	7 Cereal and Milk	8 Oatmeal Bars and Milk	9 Cereal and Milk	10 Whole Grain Waffles with Apple Butter	11 Bananas and Milk
Lunch	Fish Sticks, Broccoli, Pears and Milk	Turkey Sloppy Joes on Whole Grain Bun, Green Beans, Peaches and Milk	Chicken Nuggets, Corn, Mixed Fruit and Milk	Meatloaf, Mashed Potatoes, Peas and Milk	Baked Ziti, Salad with Italian Dressing, Applesauce and Milk
PM Snack	Pita and Humus	String Cheese	Yogurt and Raisins	Wheat Crackers and Cheese	Waffle Grahams
AM Snack	14 Cereal and Milk	15 English Muffin with Sunflower Butter	16 Yogurt and Raisins	17 Cereal and Milk	18
Lunch	Diced Turkey, Rice Pilaf, Mixed Veggies and Milk	Ham and Cheese Wrap on Whole Grain Tortilla, Yogurt, Apple Slices and Milk	Whole Grain Spaghetti, Meatballs, Green Beans and Milk	Turkey Tacos, Salad with Ranch Dressing, Oranges and Milk	Chef's Choice
PM Snack	Applesauce and Milk	Trail Mix	Whole Grain Goldfish Crackers	Apples	
AM Snack	21 Oatmeal Bars	22 Cereal and Milk	23 Cheese Omelet	24 Bananas and Milk	25 Cereal and Milk
Lunch	Sunflower Butter and Jelly on Whole Wheat, Carrot Sticks with Ranch Dressing, Peaches and Milk	Grilled Chicken Patty, Diced Potatoes, Peas and Milk	Turkey Dog on Whole Grain Bun, Corn, Pineapple and Milk	Bow Tie Pasta with Parmesean Cheese, Carrots, Oranges	Cheese Quesadilla on Whole Grain Tortillas, Mixed Veggies, Peaches and Milk
PM Snack	Oranges Slices and Milk	Graham Crackers with Sunflower Butter	Apples	Pretzel Goldfish	Trail Mix
AM Snack	28 Cereal and Milk	29 Whole Grain Waffles	30 Cereal and Milk	31 Bananas and Milk	
Lunch	Raviolotti in Tonato Sauce, Green Beans, Applesauce and Milk	Hamburgers on Whole Grain Bun, Corn, Pears and Milk	Pierogies, Salad and Ranch Dressing. Peaches and Milk	Grilled Cheese on Whole Grain Bread, Apples, Broccoli and Milk	
PM Snack	Tortilla Chips and Salsa	Waffle Grahams	String Cheese	Cantalope and Milk	

