



March 2017 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack			1 Yogurt and Fruit	2 Cereal and Milk	3 Oatmeal Bars
Lunch			Cheese Omelet, Diced Potatoes, Pears and Milk	Chicken Nuggets, Broccoli, Pineapple and Milk	Tuna on Whole Grain Bread, Carrots, Peaches and Milk
PM Snack			Pretzels and Applesauce	Caramel Rice Cakes and Milk	String Cheese and Wheat Thins
AM Snack	6 Cereal and Milk	7 Oatmeal Bars and Milk	8 Cereal and Milk	9 Whole Grain Waffles with Apple Butter	10 Bananas and Milk
Lunch	Fish Sticks, Broccoli, Pears and Milk	Whole Grain Macaroni and Cheese, Green Beans, Peaches and Milk	Pizza, Salad with Ranch Dressing, Pineapple and Milk	Meatloaf, Mashed Potatoes, Peas and Milk	Baked Ziti, Salad with Italian Dressing, Applesauce and Milk
PM Snack	Pita and Hummus	Waffle Grahams	Yogurt and Raisins	Wheat Crackers and Cheese	Waffle Grahams
AM Snack	13 Cereal and Milk	14 English Muffin with Sunflower Butter	15 Yogurt and Raisins	16 Cereal and Milk	17 Chef's Choice
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	
PM Snack	Applesauce and Milk	Trail Mix	Whole Grain Goldfish Crackers	Apples	
AM Snack	20 Oatmeal Bars	21 Cereal and Milk	22 Cheese Omelet	23 Bananas and Milk	24 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	27 Cereal and Milk	28 Whole Grain Waffles	29 Cereal and Milk	30 Bananas and Milk	31 Oatmeal Bars
Lunch	Ravioletti in Tomato 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	Turkey Sloppy Joes on Whole Grain Bun, Green Beans, Peaches and Milk
PM Snack	Tortilla Chips and Salsa	Waffle Grahams	String Cheese	Cantaloupe and Milk	Oatmeal Cookies