



## All Ages Lunch Menu

March 2020

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – m/ma 1oz, fruit ¼ c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk

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

School Age – m/ma 2oz, fruit ½ c, vegetables ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday IRISH TUESDAYS	Wednesday	Thursday	Friday
<b>March 2</b> <b>Balsamic Chicken</b> Dinner Roll Vegetable Fruit Milk <b>(Balsamic Tofu) V</b>	<b>March 3</b> <b>Turkey Sausage</b> Potato Pancakes WW Bread Applesauce Milk <b>(Veggie Sausage)</b>	<b>March 4</b> <b>BBQ Meatballs</b> Brown Rice Vegetable Fruit Milk <b>(Veggie Meatballs) V</b>	<b>March 5</b> <b>Strawberry Yogurt</b> Plain Bagel w/ Cream Cheese Vegetable Fruit Milk	<b>March 6</b> <b>Mac and Cheese</b> WG Pasta w/Cheese Sauce Vegetable Fruit Milk
<b>March 9</b> <b>Scrambled Egg and Cheese</b> WW Bread Breakfast Potatoes Fruit Milk	<b>March 10</b> <b>"Bangers &amp; Mash"</b> <b>Chicken Sausage</b> Mashed Potatoes Dinner Roll Fruit Milk <b>(Veggie Sausage) V</b>	<b>March 11</b> <b>Meatball Hoagie</b> WG Hoagie Roll Vegetable Fruit Milk <b>(Veggie Meatballs) V</b>	<b>March 12</b> <b>Spanish Chicken</b> Brown Rice Vegetable Fruit Milk <b>(Spanish Tofu) V</b>	<b>March 13</b> <b>Turkey and Cheese Hoagie</b> WG Hoagie Roll American Cheese Vegetable Fruit Milk <b>(Cheese Sandwich) V</b>
<b>March 16</b> <b>Shredded Turkey BBQ</b> WG Roll Vegetable Fruit Milk <b>(BBQ Veggie Meatballs) V</b>	<b>March 17</b> <b>Cabbage &amp; Beef Casserole</b> Ground Beef, Brown Rice, Cabbage and Tomato Sauce Mixed Vegetables Fruit Milk <b>(Cheese Sandwich) V</b>	<b>March 18</b> <b>Turkey Ham and Cheese Hoagie</b> WG Hoagie Roll American Cheese Vegetable Fruit Milk <b>(Cheese Sandwich) V</b>	<b>March 19</b> <b>Grilled Chicken</b> WG Buttered Noodles Vegetable Fruit Milk <b>(Falafels) V</b>	<b>March 20</b> <b>Chef Salad w/ Turkey and Egg</b> Ranch Dressing Dinner Roll Vegetable Fruit Milk <i>(turkey and cheese on wheat bread 1-2 year old)</i> <b>(Salad w/ Egg &amp; Cheese) V</b>
<b>March 23</b> <b>Turkey Bologna and Cheese Hoagie</b> WG Hoagie Roll Vegetable Fruit Milk <b>(Grilled Cheese Sandwich) V</b>	<b>March 24</b> <b>Shepherd's Pie</b> Ground Beef, Mashed Potatoes and Mixed Veg w/ Gravy Dinner Roll Fruit Milk <b>(Grilled Cheese Sandwich) V</b>	<b>March 25</b> <b>Chicken Taco</b> WG Flour Tortilla Cheddar Cheese Vegetable Fruit Milk <b>(Bean Taco) V</b>	<b>March 26</b> <b>Swedish Meatballs</b> WG Dinner Roll Vegetable Fruit Milk <b>(Veggie Meatballs) V</b>	<b>March 27</b> <b>Mac &amp; Cheese w/ Diced Turkey Ham</b> Vegetable Fruit Milk <b>(Mac &amp; Cheese) V</b>
<b>March 30</b> <b>WG Pasta w/ Meat Sauce</b> Vegetable Fruit Milk <b>(Mac &amp; Cheese) V</b>	<b>March 31</b> <b>"Irish Stew"</b> Beef, Potatoes and Vegetables Dinner Roll Fruit Milk <b>(Grilled Cheese Sandwich) V</b>			

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