

Meal Plan March 2021

Key: Breakfast, **Breakfast**, Lunch, Snack

	Mon	Tue	Wed	Thu	Fri	Info
Breakfast	1*** Assorted Cereal/Fruit / Milk	2*** Waffles / Fruit / Milk	3 Assorted Cereal/Fruit / Milk	4*** Mini Muffins/Yogurt / Milk	5 Assorted Cereal/Fruit / Milk	*MENU ITEMS SUBJECT TO CHANGE*
Lunch	Beef & Cheese Burrito Corn Mixed Fruit / Milk	Macaroni & Cheese Roasted Broccoli Pineapple / Milk	Grilled Chicken Nuggets Mixed Vegetables Apple Sauce / Milk	Lasagna with meat sauce Salad Pears / Milk	Steak Fingers Green Beans Mandarin Oranges / Milk	
<u>Snack</u>	<u>Oyster Crackers /Raisins / Juice /Water</u>	<u>Oatmeal Cookies / Juice / Water</u>	<u>Cheese Whales / Juice / Water</u>	<u>Assort. Fruit Bars / Juice / Water</u>	<u>Chex Mix / Juice / Water</u>	
Breakfast	8*** Assorted Cereal / Milk	9 Sausage Biscuit / Milk	10*** Assorted Cereal/Fruit / Milk	11*** French Toast Sticks / Milk	12 Assorted Cereal/Fruit/ Milk	*We use Whole grain pasta, Wheat Bread and Brown Rice in our lunches.
Lunch	Chicken Quesadilla Carrots Pears / Milk	Hot Dog on Bun Green beans Mixed Fruit / Milk	Pasta/Red Sauce & Cheese Roasted Broccoli Apple Slices / Milk	Cheese Pizza Corn Peaches / Milk	Chicken Sandwich Mixed Vegetables Pineapple / Milk	
<u>Snack</u>	<u>Animal Crackers / Juice / Water</u>	<u>Goldfish Crackers / Juice / Water</u>	<u>Sugar Cookies / Juice / Water</u>	<u>Wheat Crackers / Cheese Slices /Juice / Water</u>	<u>Chocolate Cream Pies / Juice / Water</u>	
Breakfast	15*** Assorted Cereal/Fruit / Milk	16*** Pancakes/ Fruit / Milk	17 Assorted Cereal/Fruit / Milk	18*** Mini Bagels/Fruit / Milk	19 Pop Tarts / Milk	***Indicates the lunch may contain Dairy**
Lunch	Chicken Taquitos Green Beans Mixed Fruit / Milk	Cheese Tortellini Salad Mandarin Oranges / Milk	Fish Sticks Mixed Vegetables Pineapple / Milk	Country Fried Steak Mashed Potatoes Peaches / Milk	Sloppy Joe on Bun Roasted Broccoli Apple Slices / Milk	
<u>Snack</u>	<u>Snack Mix / Juice /Water</u>	<u>Graham Crackers / Raisins / Juice / Water</u>	<u>Rich & Crisp Crackers / Pickles / Juice / Water</u>	<u>Fig Bars / Juice / Water</u>	<u>Pretzel Twist / Juice / Water</u>	
Breakfast	22 Assorted Cereal/Fruit / Milk	23 French Toast Sticks / Milk	24*** Assorted Cereal/Fruit / Milk	25 Blueberry Pancakes / Milk	26 Assorted Cereal/Fruit / Milk	
Lunch	Corn Dog Nuggets Carrots Peaches / Milk	Spaghetti with Meat Sauce Green Beans Apple Sauce / Milk	Cheese Quesadilla Salad Mandarin Oranges / Milk	Hamburger with Bun Tater Tots Peaches / Milk	Salisbury Steak Mashed Potatoes Mixed Fruit / Milk	
<u>Snack</u>	<u>Oatmeal Cream Pies /Juice / Water</u>	<u>Ritz Bits with Cheese / Juice / Water</u>	<u>Fruit Snacks / Juice / Water</u>	<u>Sun Chips / Juice / Water</u>	<u>Rice Krispy Treat / Juice / Water</u>	
Breakfast	29 Assorted Cereal/Fruit / Milk	30 Pancake Bites / Milk	31*** Pop Tarts / Milk	4/1 Waffles/Fruit/ Milk	4/2*** Assorted Cereal/Fruit / Milk	
Lunch	Chicken Nuggets Mixed Vegetables Peaches / Milk	Beef Nuggets Green Beans Pears / Milk	Hot Dog Roll ups Tater Tots Apple Slices / Milk	Potluck Lunch (steak fingers, nuggets, pasta) Carrots Mixed Fruit / Milk	Cheese Pizza Corn Pineapple / Milk	
<u>Snack</u>	<u>Saltine Crackers / Cheese Slices / Juice / Water</u>	<u>Chocolate Chip Oatmeal Squares / Juice / Water</u>	<u>Ritz Crackers / Raisins / Juice / Water</u>	<u>Chocolate Animal Crackers / Juice / Water</u>	<u>Cheese Crackers / Juice / Water</u>	