

| | Monday | Tuesday | Wednesday | Thursday | Friday 3/1/19 |
|--|--|--------------------------------------|--------------------------------------|--------------------------------------|---|
| BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk | | | | | LOWFAT YOGURT STRAWBERRY HALVES * MILK |
| | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain |
| LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk | | | | | GRILLED CHEESE ON WHOLE WHEAT NOODLES <u>LENTIL SOUP</u> PEARS * MILK |
| | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS | | | | | WHILE GRAIN CHEEZ ITS PEAR HALVES WATER |
| | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain | <input type="checkbox"/> Whole Grain |
| | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. | | | | |

| | Monday 3/4/19 | Tuesday 3/5/19 | Wednesday 3/6/19 | Thursday 3/7/19 | Friday 3/8/19 |
|--|--|--|---|--|--|
| BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk | ENRICHED CREAM OF WHEAT BLUEBERRIES * MILK <input type="checkbox"/> Whole Grain | WHOLE WHEAT ENGLISH MUFFIN BANANA SLICES * MILK <input type="checkbox"/> Whole Grain | WHOLE WHEAT BAGEL ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain | COTTAGE CHEESE PEAR HALVES *MILK <input type="checkbox"/> Whole Grain | SALMON PATTIES SLICED TOMATO * MILK <input type="checkbox"/> Whole Grain |
| LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk | BEEF MEATLOAF WHOLE GRAIN ROLL MASH POTATOES OKRA & TOMATOES *MILK <input type="checkbox"/> Whole Grain | GRILLED CHICKEN WRAP WHOLE GRAIN TORTILLA PINEAPPLE CHUNKS BROCCOLI W/ DIP *MILK <input type="checkbox"/> Whole Grain | FISH STICKS MULTIGRAIN ROLL GREEN BEANS CORN * MILK <input type="checkbox"/> Whole Grain | TURKEY HAMBURGER WHOLE WHEAT ROLL BAKED SWEET POTATO FRIES TRI COLOR COLESLAW * MILK <input type="checkbox"/> Whole Grain | ROTISSIERIE CHICKEN WHOLE WHEAT ROLL ROASTED RUTABAGAS FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS | ENRICHED RICE CAKES BANANA WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN CHEESE ITZ 100% APPLE JUICE <input type="checkbox"/> Whole Grain | ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain | WHOLE WHEAT CRACKERS PEANUT/SOY BUTTER WATER <input type="checkbox"/> Whole Grain | TURKEY ROLLUP WHOLE WHEAT WRAP WATER <input type="checkbox"/> Whole Grain |
| | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. | | | | |

Harvest of the month: Corn

Mar-19

| | Monday 3/11/19 | Tuesday 3/12/19 | Wednesday 3/13/19 | Thursday 3/14/19 | Friday 3/15/19 |
|--|--|---|---|--|--|
| BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk | CHICKEN STRIPS HASH BROWNS * MILK <input type="checkbox"/> Whole Grain | WHOLE GRAIN LIFE CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain | ENRICHED CREAM OF WHEAT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain | WHOLE GRAIN ENGLISH MUFFIN APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain | WHOLE WHEAT WAFFLE PEACHES * MILK <input type="checkbox"/> Whole Grain |
| LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk | BBQ CHICKEN WHOKE GRAIN ROLL <u>ROASTED CAULIFLOWER</u> FRUIT SALAD * MILK <input type="checkbox"/> Whole Grain | TURKEY BURGER ON MULTIGRAIN BUN PEAR HALVES COLE SLAW *MILK <input type="checkbox"/> Whole Grain | HONEY MUSTARD PORK CHOPS MULTIGRAIN BREAD SLICE MANDARIAN ORANGE SLICES BAKED POTATO * MILK <input type="checkbox"/> Whole Grain | BAKED CHICKEN WHOLE WHEAT ROLL RUTABAGAS FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain | RED BEANS AND BROWN RICE TOSSED SALAD PINEAPPLE TIDBITS * MILK <input type="checkbox"/> Whole Grain |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS | LOWFAT YOGURT BLUEBERRIES WATER <input type="checkbox"/> Whole Grain | EGG SALAD WHOLE WHEAT PITA BREAD WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN BELVITA BITES *MILK <input type="checkbox"/> Whole Grain | STRING CHEESE WHOLE GRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain | ERICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain |
| | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. | | | | |

Harvest of the month: Green Beans

Mar-19

| | Monday 3/18/19 | Tuesday 3/19/19 | Wednesday 3/20/19 | Thursday 3/21/19 | Friday 3/22/19 |
|---|--|--|--|--|---|
| BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk | SCRAMBLED EGGS HASH BROWNS * MILK <input type="checkbox"/> Whole Grain | WHOLE WHEAT CORN CHEX CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain | ENRICHED CREAM OF WHEAT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain | WHOLE GRAIN BLUEBERRY MUFFIN APPLSESAUCE *MILK <input type="checkbox"/> Whole Grain | WHOLE WHEAT CINNAMON TOAST PINEAPPLE RINGS * MILK <input type="checkbox"/> Whole Grain |
| LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk | LEMON PEPPER CHICKEN ENRICHED CORNBREAD MANDARIAN ORANGES GREEN BEANS * MILK <input type="checkbox"/> Whole Grain | HOMEMADE MAC & CHEESE WHOLE GRAIN NOODLES SWEET PEAS PEARS *MILK <input type="checkbox"/> Whole Grain | CHICKEN SALAD WHOLE WHEAT CRACKERS PINEAPPLE CHUNKS CARROT STICKS * MILK <input type="checkbox"/> Whole Grain | ROAST BEEF WHOLE WHEAT ROLL BROCCOLI & CORN BAKE FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain | EXTRA CHEESE PIZZA ON WHOLE WHEAT FLATBREAD CUCUMBER SLICES W/ RANCH ORANGE WEDGES * MILK <input type="checkbox"/> Whole Grain |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS | WHOLE GRAIN RICE CAKE LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN PITA CHIPS HUMMUS WATER <input type="checkbox"/> Whole Grain | HAM & TURKEY CUBES WHOLE GRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain | ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain |
| | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. | | | | |

Harvest of the month: Corn & Green Beans

Mar-19

| | Monday 3/25/19 | Tuesday 3/26/19 | Wednesday 3/27/19 | Thursday 3/28/19 | Friday 3/29/19 |
|---|--|--|--|--|---|
| BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk | WHOLE WHEAT PANCAKES WARMED PEACHES * MILK <input type="checkbox"/> Whole Grain | WHOLE WHEAT BAGEL BAKED APPLES *MILK <input type="checkbox"/> Whole Grain | ENRICHED CREAM OF WHEAT BANANA * MILK <input type="checkbox"/> Whole Grain | WHOLE GRAIN ENGLISH MUFFIN PLUMS *MILK <input type="checkbox"/> Whole Grain | LOWFAT YOGURT STRAWBERRY HALVES *MILK <input type="checkbox"/> Whole Grain |
| LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk | HAM SLICES WHOKE GRAIN ROLL MASH POTATOES GREEN BEANS * MILK <input type="checkbox"/> Whole Grain | HOMEMADE VEGETABLE BEEF SOUP WHOLE WHEAT CRACKERS APPLE WEDGES *MILK <input type="checkbox"/> Whole Grain | TURKEY HOTDOG WHOLE WHEAT BUN PINEAPPLE TIDBITS BAKED BEANS * MILK <input type="checkbox"/> Whole Grain | CHICKEN STRIPS WHOLE WHEAT ROLL CITRUS SALAD HASHBROWNS * MILK <input type="checkbox"/> Whole Grain | BEEF MEATBALLS W/ GRAVY WHOLE WHEAT NOODLES STEAMED BROCCOLI CREAMED CORN *MILK <input type="checkbox"/> Whole Grain |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS | WHOLE GRAIN BELVITA BITES *MILK <input type="checkbox"/> Whole Grain | ENRICHED GRAHAM CRACKERS LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN SUN CHIPS CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain | WHOLE GRAIN RICE CAKE STRING CHEESE WATER <input type="checkbox"/> Whole Grain | WHILE GRAIN CHEEZ ITS 100% APPLE JUICE <input type="checkbox"/> Whole Grain |
| | * One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement. | | | | |