

# Harvest of the month: Corn

Mar-19

	Monday	Tuesday	Wednesday	Thursday	Friday 3/1/19
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>					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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					SALSIBURY STEAK W/ GRAVY & BROWN RICE ROASTED PARSNIP & CARROTS BUTTERED CORN * 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
	* 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
<b>BREAKFAST</b> 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	<a href="#">SALMON PATTIES</a> SLICED TOMATO * MILK  <input type="checkbox"/> Whole Grain
<b>LUNCH</b> 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	ROTISSERIE CHICKEN WHOLE WHEAT ROLL <a href="#">ROASTED RUTABAGAS</a> FRUIT COCKTAIL * MILK  <input type="checkbox"/> Whole Grain
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE WHOLE WHEAT CHEESE PIZZA CUCUMBER SLICES W/ RANCH FRUIT COCKTAIL *MILK  <input type="checkbox"/> Whole Grain	BEEF & BEAN CHILLI WHOLE WHEAT SALTINES SLICED APPLES *MILK  <input type="checkbox"/> Whole Grain	HONEY GLAZED PORK CHOPS ON BROWN RICE COLLARD GREENS FRUIT SALAD *MILK  <input type="checkbox"/> Whole Grain	MEATBALLS ON WHOLE WHEAT SUB PINEAPPLE CHUNKS CARROT STICKS *MILK  <input type="checkbox"/> Whole Grain	SCRAMBLED EGGS WHOLE WHEAT PANCAKES HASHBROWNS CASSEROLE PEACHES *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.					

	Monday 3/11/19	Tuesday 3/12/19	Wednesday 3/13/19	Thursday 3/14/19	Friday 3/15/19
<b>BREAKFAST</b> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BBQ CHICKEN WHOLE 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 MANDARIN 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	LOWFAT YOGURT BLUEBERRIES WATER  <input type="checkbox"/> Whole Grain	EGG SALAD WHOLE WHEAT PITA BREAD WATER  <input type="checkbox"/> Whole Grain	ENRICHED BELVITA CRACKERS *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
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE GRAIN ROLL MIXED VEGETABLES FRENCH FRIES * MILK  <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE WHEAT CRACKERS PINEAPPLE CHUNKS CELERY STICKS W/ RANCH * MILK  <input type="checkbox"/> Whole Grain	BEEF-A-RONI WHOLE GRAIN ROLLS TOSSED SALAD CORN * MILK  <input type="checkbox"/> Whole Grain	SLICED TURKEY WHOLE WHEAT WRAP CELERY W/ RANCH DRESSING APRICOT HALVES * MILK  <input type="checkbox"/> Whole Grain	BEEF HAMBURGER ON MULTIGRAIN BUN BAKED BEANS <u>CARROT &amp; RASIN SALAD</u> * MILK  <input type="checkbox"/> Whole Grain
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	Monday 3/18/19	Tuesday 3/19/19	Wednesday 3/20/19	Thursday 3/21/19	Friday 3/22/19
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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 <u>BROCCOLI &amp; CORN BAKE</u> 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
<b>PM SNACK</b> 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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE GRAIN ROLL MIXED VEGETABLES CORN ON THE COB * MILK  <input type="checkbox"/> Whole Grain	CHILI MAC (GROUND BEEF) WHOLE GRAIN NOODLES TOSSED SALAD CORN * MILK  <input type="checkbox"/> Whole Grain	GROUND TURKEY PATTY ENRICHED BROWN RICE W/ GRAVY DICED PEACHES CABBAGE * MILK  <input type="checkbox"/> Whole Grain	GRILLED CHEESE ON WHOLE WHEAT BREAD FRESH APPLE SLICES VEGETABLE SOUP * MILK  <input type="checkbox"/> Whole Grain	BEEF HAMBURGER ON MULTIGRAIN BUN SWEET POTATO FRIES COLESLAW * MILK  <input type="checkbox"/> Whole Grain
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	Monday 3/25/19	Tuesday 3/26/19	Wednesday 3/27/19	Thursday 3/28/19	Friday 3/29/19
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT PANCAKES WARMED PEACHES * MILK	WHOLE WHEAT BAGEL BAKED APPLES *MILK	ENRICHED CREAM OF WHEAT BANANA * MILK	WHOLE GRAIN ENGLISH MUFFIN PLUMS *MILK	LOWFAT YOGURT STRAWBERRY HALVES *MILK
	<input checked="" type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HAM SLICES WHOLE GRAIN ROLL MASH POTATOES GREEN BEANS * MILK	HOMEMADE VEGETABLE BEEF SOUP WHOLE WHEAT CRACKERS APPLE WEDGES *MILK	TURKEY HOTDOG WHOLE WHEAT BUN PINEAPPLE TIDBITS BAKED BEANS * MILK	CHICKEN STRIPS WHOLE WHEAT ROLL CITRUS SALAD HASHBROWNS * MILK	BEEF MEATBALLS W/ GRAVY WHOLE WHEAT NOODLES STEAMED BROCCOLI CREAMED CORN *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN BELVITA BITES *MILK	ENRICHED GRAHAM CRACKERS LOWFAT YOGURT WATER	WHOLE GRAIN SUN CHIPS CHEDDAR CHEESE CUBES WATER	WHOLE GRAIN RICE CAKE STRING CHEESE WATER	WHOLE GRAIN CHEEZ ITS 100% APPLE JUICE
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED CHICKEN MULTIGRAIN ROLL FRUIT COCKTAIL CORN ON THE COB * MILK	BBQ PULLED PORKED MULTIGRAIN BUN COLE SLAW PEACHES * MILK	SALISBURY STEAK W/ GRAVY WHOLE WHEAT ROLL BLACK EYE PEAS MASH POTATOES * MILK	BEEF & CHEESE LASAGNA WHOLE WHEAT NOODLES STEAMED BABY CARROTS TOSSED SALAD * MILK	FISH STICKS MULTIGRAIN ROLL GREEN BEANS PEACHES * 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
* 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.					