

Harvest of the month: MARCH 2023



			Wednesday 3/1/23	Thursday 3/2/23	Friday 3/3/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			WHOLE WHEAT WAFFLE RASPBERRIES *MILK	NATIONAL EGG MCMUFFIN DAY ENRICHED BISCUIT SCRAMBLED EGG SLICED PEACHES *MILK	ENRICHED GRITS APRICOT HALVES *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<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			BEEF SLOPPY JOE WHOLE WHEAT BUN PARMESEAN FRENCH FRIES BAKED BEANS * MILK	GRILLED CHEESE & HAM WHOLE WHEAT BREAD FRUIT COCKTAIL TOSSED SALAD *MILK	CHICKEN STRIPS WHOLE WHEAT PASTA SALAD APPLE SLICES PEAS *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<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			NATIONAL PEANUT BUTTER LOVERS DAY BANANA SUSHI ROLL PEANUT/SOY BUTTER/NUT BUTTER WHOLE WHEAT TORTILLA WATER	WHOLE GRAIN CRACKERS VEGETABLE SOUP WATER	YOGURT PARFAIT LOW FAT YOGURT WHOLE GRAIN OATS BLUEBERRIES WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<i>* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical</i>					

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	Monday 3/6/23	Tuesday 3/7/23	Wednesday 3/8/23	Thursday 3/9/23	Friday 3/10/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE STICKS PLUMS *MILK	NATIONAL CEREAL DAY MULTIGRAIN CHERRIOS BANANA SLICES *MILK	ENRICHED PANCAKES BLUEBERRIES *MILK	POTATO & EGG QUESADILLA ENRICHED TORTILLA SCRAMBLED EGG & CHEESE DICED POTATOES *MILK	ENRICHED BISCUITS W/GRAVY SAUSAGE PATTY ORANGE SLICES *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	FISH FILET SANDWICH WHOLE GRAIN BUN RED APPLE SLICES TATOR TOTS *MILK	EXTRA CHEESE MINI PIZZA WHOLE WHEAT CRUST WATERMELON SLICES STEAMED BROCCOLI *MILK	BBQ PORK SLIDERS WHOLE WHEAT MINI BUNS FRUIT COCKTAIL ROASTED BEETS * MILK	HOMEMADE MAC AND CHEESE WHOLE WHEAT NOODLES CANTALOUPE GREEN BEANS *MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN HONEYDEW MELON SWEET POTATO FRIES *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	FRUIT & VEGGIE CUPS ENRICHED PRETZELS CUCUMBER STICKS PINEAPPLE STICKS WATER	WHOLE WHEAT BREAD EGG SALAD WATER	FISH SWIMMING IN SOUP ENRICHED GOLDFISH TOMATO BISQUE SOUP WATER	NATIONAL POPCORN DAY ENRICHED SMART POPCORN CINNAMON APPLESAUCE (AGE APPROPRIATE) WATER	STRAWBERRY CHICKEN SALAD WRAP GRILLED CHICKEN WHOLE GRAIN TORTILLA STRAWBERRIES 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
TWO COMPONENTS	* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical				

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	Monday 3/13/23	Tuesday 3/14/23	Wednesday 3/15/23	Thursday 3/16/23	Friday 3/17/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	PANCAKE ON A STICK STRAWBERRIES & BANANAS *MILK	ENRICHED MUFFIN SLICED PEARS *MILK	WHOLE GRAIN CEREAL ORANGE WEDGES *MILK	EGG & TOMATO OMELET HASHBROWN *MILK	WHOLE GRAIN TOAST BLUEBERRIES *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	SAVORY WAFFLE-WICH TURKEY & CHEESE SANDWICH WHOLE WHEAT WAFFLE SLICED PEACHES BABY CARROTS *MILK	WHOLE GRAIN SALTINE CRACKERS HM CHICKEN NOODLE SOUP RED APPLE SLICES TOSSED SALAD *MILK	LETTUCE WRAP TACO GROUND CHICKEN ENRICHED BROWN RICE MANGO CHUNCKS MINI CORN ON THE COB * MILK	ENRICHED FRENCH BREAD SAVORY TUNA FISH SALAD GROOVY GRAPES SWEET PEAS *MILK	RAINBOW VEGGIE WRAP HUMMUS SPREAD WHOLE WHEAT TORTILLA CARROT STICKS & CUCUMBERS PINEAPPLES *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	CRISPY ROASTED CHICKPEAS ENRICHED PITA CHIPS WATER	ENRICHED GRAHAM CRACKERS FRUIT COCKTAIL WATER	WHOLE GRAIN SESAME STICKS KIWI WATER	WHOLE GRAIN CRACKERS VEGETABLE SOUP WATER	WHOLE GRAIN TRICUIT CRACKERS BOILED EGG HALVES WATER
TWO COMPONENTS	<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
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	Monday 3/20/23	Tuesday 3/21/23	Wednesday 3/22/23	Thursday 3/23/23	Friday 3/24/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT WAFFLE WARMED BLUEBERRY COMPOTE *MILK	ENRICHED ENGLISH MUFFIN PLUMS *MILK	ENRICHED OATMEAL RASPBERRIES *MILK	BREAKFAST TORTILLA WHOLE GRAIN TORTILLA SCRAMBLED EGGS HOME MADE VEGGIE SALSA *MILK	ENRICHED SAUSAGE BISCUIT BAKED 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NATIONAL RAVIOLI DAY EXTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI STRAWBERRIES ROASTED CARROTS *MILK	HAM & SWISS MINI SLIDERS WHOLE WHEAT SLIDER BUN CANTALOUPE ROASTED BEET SALAD *MILK	HEALTHY CHICKEN-N-WAFFLES CHICKEN STRIPS WHOLE GRAIN WAFFLES APRICOTS HASHBROWN * MILK	ASIAN CHICKEN & BROCCOLI ENRICHED BROWN RICE ORANGE SLICES SWEET PEAS *MILK	HARD BOILED EGG WHOLE GRAIN BREADSTICKS APRICOT HALVES TOMATO BISQUE SOUP *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	WHOLE GRAIN CHEEZ-ITS CINNAMON APPLESAUCE WATER	ENRICHED CHEERIOS SLICED BANANAS WATER	FRUIT PIZZA w/CREAM CHEESE WHOLE WHEAT FLATBREAD STRAWBERRIES & BLUEBERRIES	NATIONAL CHIP & DIP DAY WHOLE GRAIN CHIPS HOME MADE PICO DE GALLO WATER	YOGURT PARFAIT LOW FAT YOGURT WHOLE GRAIN OATS BLUEBERRIES WATER
TWO COMPONENTS	<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
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	Monday 3/27/23	Tuesday 3/28/23	Wednesday 3/29/23	Thursday 3/30/23	Friday 3/31/23
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BREAKFAST ON A STICK WHOLE WHEAT PANCAKES STRAWBERRY *MILK	ENRICHED CREAM OF WHEAT APRICOTS *MILK	TURKEY SAUSAGE TATOR TOTS BLUEBERRIES *MILK	AVOCADO TOAST WHOLE WHEAT BREAD MASHED AVOCADO *MILK	BREAKFAST PIZZA WHOLE GRAIN ENGLISH MUFFIN STRAWBERRY HALVES *MILK (CREAM CHEESE OR YOGURT)
	<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	GUACAMOLE CHICKEN WRAP WHOLE WHEAT TORTILLA WATERMELON STRIPS CELERY STICKS *MILK	EXTRA CHEESE QUESADILLA WHOLE GRAIN QUESADILLA PEACHES SWEET PEPPER STRIPS *MILK	BEEF SLOPPY JOE WHOLE WHEAT BUN MANDARIN ORANGES BAKED BEANS * MILK	BAKED BBQ CHICKEN ENRICHED CORNBREAD PLUMS COLLARD GREENS *MILK	HOMEMADE MAC AND CHEESE WHOLE WHEAT NOODLES BAKED APPLES SWEAT PEAS *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	ENRICHED GRAHAM CRACKERS BANANA SLICES WATER	WHOLE GRAIN SESAME STICKS PEARS WATER	BANANA SUSHI ROLL PEANUT/SOY BUTTER/NUT BUTTER WHOLE WHEAT TORTILLA BANANA WATER	FRUIT & VEGGIE CUPS ENRICHED PRETZEL STICKS CUCUMBER STICKS MANGO STICKS WATER	SLICED TURKEY ROLLUP WHOLE WHEAT WRAP SPINACH 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
TWO COMPONENTS	* One year olds are served White Whole Milk. Two years old and older are served white 1% or Fat Free Milk. Milk substitutes must have a medical statement.				