

# Harvest of the month: Root Vegetables



					Friday 3/1/24
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					ENRICHED GRITS APRICOT HALVES *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					BREAKFAST PIZZA WHOLE WHEAT ENGLISH MUFFIN STRAWBERRY HALVES WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					VEGAN CHILI W/RED BEANS WHOLE GRAIN PITA BREAD MANDARIN ORANGES CARROT STICKS *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
<b>PM SNACK</b> 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
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk					BEEF SLOPPY JOE WHOLE GRAIN BUN GRAPES (CUT APPROPRIATELY) PARMESEAN FRENCH FRIES * MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS					ENRICHED TRISCUIT CRACKERS BOILED EGG HALVES WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain

\* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.

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	Monday 3/4/24	Tuesday 3/5/24	Wednesday 3/6/24	Thursday 3/7/24	Friday 3/8/24
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>NATIONAL PANCAKE DAY</b> WHOLE GRAIN PANCAKE WARMED STRAWBERRIES *MILK	ENRICHED ENGLISH MUFFIN PLUMS *MILK	TURKEY SAUSAGE BLUEBERRIES *MILK	<b>NATIONAL CEREAL DAY</b> WHOLE GRAIN CHERRIOS BANANAS *MILK	AVOCADO TOAST WHOLE WHEAT BREAD MASHED AVOCADO *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>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED OATMEAL RASPBERRIES WATER	WHOLE WHEAT PITA POCKET HUMMUS/SHREDDED CARROTS WATER	LOWFAT YOGURT WG QUAKER RICE CRISPS WATER	WHOLE WHEAT CHEESE TOAST WARM CINNAMON PEACHES WATER	ENRICHED CREAM OF WHEAT FRUIT COCKTAIL 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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	EXTRA CHEESE QUESADILLA WHOLE GRAIN TORTILLA PEACHES CELERY STICKS *MILK	SAVORY MINI TUNA SLIDERS WHOLE WHEAT ROLL KIWI SLICES MIXED VEGETABLES *MILK	HOMEMADE MAC AND CHEESE WHOLE GRAIN NOODLES BAKED APPLES SWEAT PEAS * MILK	<b>RED BEAN CURRY</b> RED BEANS (RECIPE LINK ABOVE) ENRICHED BROWN RICE PEARS BABY CARROTS *MILK	BEEF MEATBALL SUB WHOLE WHEAT SUB ROLL APRICOTS FRENCH 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED FRENCH BREAD TOMATO BISQUE SOUP WATER	WATERMELON ENGLISH CUCUMBERS WATER	WHOLE WHEAT SUN CHIPS CANTALOUPE WATER	GROUND TURKEY W/ LETTUCE WRAP GREEN LEAF LETTUCE GROUND TURKEY WATER	BLUEBERRY PARFAIT LOWFAT YOGURT WHOLE GRAIN OATS BLUEBERRIES 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	TERIYAKI CHICKEN WHOLE WHEAT NOODLES ROASTED PEPPERS GARLIC BROCCOLI *MILK	SLICED HONEY BAKED HAM MULTI GRAIN ROLL ORANGE SLICES STEAMED ZUCCHINI * MILK	FISH STICKS WHOLE WHEAT ROLL COLESLAW CREAMED CORN * MILK	HOT HAM AND CHEESE WHOLE GRAIN HAWAIIAN BREAD RASPBERRIES ROASTED SWEET POTATO *MILK	ROASTED TURKEY W/GRAVY ENRICHED CORNBREAD BUTTERNUT SQUASH SPLIT PEA 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED GRAHAM CRACKERS FRUIT COCKTAIL WATER	WHOLE GRAIN TORTILLA CHIPS FRESH PICO DE GALLO SALSA WATER	ENRICHED PRETZELS 100% BERRY JUICE WATER	WHOLE WHEAT SESAME STICKS PINEAPPLE STICKS WATER	ROASTED ZESTY CHICKPEAS HONEYDEW MELON 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
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	Monday 3/11/24	Tuesday 3/12/24	Wednesday 3/13/24	Thursday 3/14/24	Friday 3/15/24
<b>BREAKFAST</b> 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
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL PEAR HALVES WATER	WHOLE WHEAT CHEESE TOAST CINNAMON APPLESAUCE WATER	ENRICHED RICE CAKES PINEAPPLE CHUNKS WATER	ENRICHED CHEESE CRACKERS SWEET PEPPER STRIPS WATER	WHOLE GRAIN KIX CEREAL BANANA WATER
<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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH FILLET SANDWICH WHOLE GRAIN BUN RED APPLE SLICES TATER TOTS *MILK	BLACK BEAN BURGER WHOLE WHEAT BURGER BUN HONEYDEW MELON GREEN BEANS *MILK	BAKED TURKEY BREAST WHOLE GRAIN ROLL SLICED GRAPES ROASTED BEETS * MILK	SLOPPY JOES GROUND BEEF WHOLE WHEAT HAWAIIAN ROLL ORANGE SMILES SPINACH *MILK	GRILLED CHICKEN KABOBS WHOLE WHEAT ROLL PEAR SLICES ROASTED ZUCCHINI *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	SUGAR SNAP PEAS WHOLE GRAIN SUNCHIPS  WATER	<b>NATIONAL CHICKEN SOUP DAY</b> HOMEMADE CHICKEN NOODLE SOUP WHOLE WHEAT CRACKERS  WATER	ENRICHED GOLDFISH CANTALOUPE  WATER	<b>POPCORN LOVERS DAY</b> ENRICHED SMART POPCORN GREEN APPLE SLICES  WATER	ENRICHED SALTINE CRACKERS VEGETABLE SOUP  WATER
<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	CHICKEN NUGGETS WHOLE WHEAT ROLL GARLIC MASHED POTATOES SWEET CORN *MILK	CHEESEY-MAC N CHEESE WHOLE GRAIN MACARONI BAKED BEANS TRI COLOR COLESLAW * MILK	BAKED FISH FILLET ENRICHED HUSH PUPPY MANGO CHUNKS ROASTED KALE * MILK	CHICKEN ALFREDO WHOLE GRAIN PASTA KIWI SWEET PEAS *MILK	RAINBOW VEGGIE WRAP HUMMUS SPREAD (GARBANZO) WHOLE GRAIN TORTILLA PINEAPPLE CARROT STICKS & CUCUMBERS * 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>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED RITZ CRACKERS ROASTED CAULIFLOWER  WATER	ENRICHED GRAHAM CRACKERS WARM STRAWBERRIES  WATER	ENRICHED ANIMAL CRACKERS PLUMS  WATER	CHEX MIX CEREAL 100% GRAPE JUICE  WATER	WHOLE GRAIN CRACKERS HONEYDEW MELON  WATER
<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
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	Monday 3/18/24	Tuesday 3/19/24	Wednesday 3/20/24	Thursday 3/21/24	Friday 3/22/24
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL RASPBERRIES *MILK	ENRICHED OATMEAL MUFFIN WARMED PEACHES *MILK	WHOLE GRAIN ENGLISH MUFFIN TROPICAL FRUIT SALAD *MILK	WHOLE GRAIN PANCAKES BANANA *MILK	WHOLE GRAIN CHEERIOS ORANGE SMILES *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>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED OATMEAL STRAWBERRIES  WATER	MULTI GRAIN TOAST APPLE SLICES  WATER	WHOLE GRAIN TRISCUIT CRACKERS KIWI  WATER	LOWFAT YOGURT ENRICHED GRANOLA OATS APRICOTS WATER	WHOLE GRAIN SUN CHIP BLUEBERRIES  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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BROCCOLI & CHICKEN QUESADILLA GRILLED CHICKEN WHOLE GRAIN TORTILLA ORANGE SMILES BROCCOLI *MILK	<b>TOFU TACO</b> SEASONED TOFU (RECIPE LINK ABOVE) ENRICHED HARD/SOFT TACOS MINI CORN ON THE COB SHREDDED LETTUCE *MILK	SAVOREY WAFFLE-WICH TURKEY & CHEESE SANDWICH WHOLE WHEAT WAFFLE SLICED PEACHES BABY CARROTS * MILK	<b>NATIONAL FRENCH BREAD DAY</b> CHICKEN SALAD ENRICHED FRENCH BREAD MANDARIN ORANGES ROASTED CAULIFLOWER *MILK	HARD BOILED EGG WHOLE WHEAT 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN GOLDFISH LOW FAT YOGURT  WATER	FRUIT & NUT BUTTER PITA POCKET PEANUT/NUT/WOW BUTER WHOLE GRAIN PITA POCKET PEAR SLICES WATER	CHARCUTERIE BOARD CHEDDAR CHEESE CUCUMBERS  WATER	ENRICHED PRETZELS TROPICAL FRUIT SALAD  WATER	SAVORY HUMMUS WHOLE GRAIN PITA CHIPS  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	HOMEMADE MAC & EXTRA CHEESE WHOLE WHEAT NOODLES SWEET PEAS ROASTED BEETS *MILK	TURKEY MEATBALLS WHOLE WHEAT NOODLES FRUIT COCKTAIL ROASTED CABBAGE * MILK	EXTRA CHEESE RAVIOLI WHOLE WHEAT RAVIOLI GROOVY GRAPES (CUT APPROPRIATE) MIXED VEGETABLES * MILK	CHICKEN NUGGETS ENRICHED CORN BREAD DICED PEARS GREEN BEANS *MILK	SALSBURY STEAK ENRICHED BROWN RICE W/ GRAVY HONEYDEW MELON ROMAINE LETTUCE SALAD * 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>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	CRISPY ROASTED CHICKPEAS ENRICHED PITA CHIPS  WATER	ENRICHED GRAHAM CRACKERS MANGO SLICES  WATER	WHOLE GRAIN RICE CAKES CANTALOUPE  WATER	ENRICHED ANIMAL CRACKERS RASPBERRIES  WATER	COTTAGE CHEESE CRUSHED PINEAPPLE  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

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	Monday 3/25/24	Tuesday 3/26/24	Wednesday 3/27/24	Thursday 3/28/24	Friday 3/29/24
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>INTERNATIONAL WAFFLE DAY</b> WHOLE GRAIN WAFFLE BLUEBERRIES *MILK	MULTIGRAIN CHERRIOS RASPBERRIES *MILK	POTATO & EGG QUESADILLA ENRICHED TORTILLA SCRAMBLED EGG DICED POTATOES *MILK	<b>SOMETHING ON A STICK</b> <b>BREAKFAST ON A STICK (RECIPE LINK)</b> WHOLE GRAIN MINI PANCAKES BANANA *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
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN RICE CAKE 100% FRUIT PUNCH JUICE  WATER	GRILLED CHEESE WHOLE WHEAT TOAST CHEDDAR CHEESE  WATER	WHOLE GRAIN MAPLE OATMEAL PEACHES  WATER	LOW FAT YOGURT ENRICHED WHEAT CRACKERS  WATER	ANTS ON A LOG PEANUT/SOY/NUT BUTTER CELERY STICKS RAISINS 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>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH STICKS WHOLE GRAIN ROLL RED APPLE SLICES TATER TOTS *MILK	<b>SPINACH DAY</b> EXTRA CHEESE MINI PIZZA WHOLE GRAIN CRUST WATERMELON SLICES CREAMY SPINACH *MILK	BBQ PORK SLIDERS WHOLE GRAIN MINI BUNS FRUIT COCKTAIL CABBAGE * MILK	HOMEMADE MAC AND CHEESE WHOLE GRAIN NOODLES CANTALOUPE GREEN BEANS *MILK	BAKED SHRIMP LOMEIN NOODLES HONEYDEW MELON MIXED VEGETABLES *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 TWO COMPONENTS	PINWHEEL TURKEY TURKEY SLICES WHOLE WHEAT TORTILLA  WATER	WHOLE WHEAT BREAD MASHED AVOCADO  WATER	FISH SWIMMING IN SOUP ENRICHED BREADSTICKS TOMATO BISQUE SOUP  WATER	BOILED EGG HALVES WHOLE GRAIN TRISCUIT CRACKERS  WATER	MULTI GRAIN TOAST 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	CHICKEN SALAD WHOLE WHEAT BREADSTICKS STRAWBERRIES CELERY STICKS *MILK	BAKED SHRIMP ENRICHED GRITS GRILLED PEACHES SWEET PEAS * MILK	CHEESEBURGER WHOLE WHEAT BUN BLUEBERRIES SWEET POTATO FRIES * MILK	BURRITO BOWL BLACK BEANS ENRICHED BROWN RICE WATERMELON SHAPES HOMEMADE PICO DE GALLO *MILK	HEALTHY CHICKEN & WAFFLES BAKED CHICKEN WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE TOSSED SALAD * 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>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	ENRICHED SALTINE CRACKERS HM CHICKEN NOODLE SOUP  WATER	ENRICHED ANIMAL CRACKERS HONEYDEW MELON  WATER	ENRICHED RITZ CRACKERS CHEDDAR CHEESE CUBES  WATER	ENRICHED GRAHAM CRACKERS FRUIT SALAD  WATER	ENRICHED PRETZELS SICKS PINEAPPLE STICKS  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
<i>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					