

Harvest of the month: Root Vegetables



					Friday 3/1/24
BREAKFAST 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
LUNCH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk					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
DINNER 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
* 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
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	NATIONAL PANCAKE DAY WHOLE GRAIN PANCAKE WARMED STRAWBERRIES *MILK	ENRICHED ENGLISH MUFFIN PLUMS *MILK	TURKEY SAUSAGE BLUEBERRIES *MILK	NATIONAL CEREAL DAY 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
LUNCH 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	RED BEAN CURRY 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
DINNER 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
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	Monday 3/11/24	Tuesday 3/12/24	Wednesday 3/13/24	Thursday 3/14/24	Friday 3/15/24
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	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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	SUGAR SNAP PEAS WHOLE GRAIN SUNCHIPS WATER	NATIONAL CHICKEN SOUP DAY HOMEMADE CHICKEN NOODLE SOUP WHOLE WHEAT CRACKERS WATER	ENRICHED GOLDFISH CANTALOUPE WATER	POPCORN LOVERS DAY ENRICHED SMART POPCORN GREEN APPLE SLICES WATER	ENRICHED SALTINE CRACKERS VEGETABLE SOUP 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
DINNER 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
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Harvest of the month: Root Vegetables



Root Vegetables
Carrots, Beets, Radishes

	Monday 3/18/24	Tuesday 3/19/24	Wednesday 3/20/24	Thursday 3/21/24	Friday 3/22/24
BREAKFAST 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
LUNCH 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	TOFU TACO 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	NATIONAL FRENCH BREAD DAY 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
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
DINNER 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	SALSURY 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
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	Monday 3/25/24	Tuesday 3/26/24	Wednesday 3/27/24	Thursday 3/28/24	Friday 3/29/24
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	INTERNATIONAL WAFFLE DAY WHOLE GRAIN WAFFLE BLUEBERRIES *MILK	MULTIGRAIN CHERRIOS RASPBERRIES *MILK	POTATO & EGG QUESADILLA ENRICHED TORTILLA SCRAMBLED EGG DICED POTATOES *MILK	SOMETHING ON A STICK BREAKFAST ON A STICK (RECIPE LINK) 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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	FISH STICKS WHOLE GRAIN ROLL RED APPLE SLICES TATER TOTS *MILK	SPINACH DAY 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
PM SNACK 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
DINNER 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
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