

Harvest of the month: Root Vegetables



	Monday 3/3/2025	Tuesday 3/4/2025	Wednesday 3/5/2025	Thursday 3/6/2025	Friday 3/7/2025
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	GRITS APRICOT HALVES *MILK	ENGLISH MUFFIN PLUMS *MILK	OATMEAL RASPBERRIES *MILK	BREAKFAST TORTILLA TORTILLA SCRAMBLED EGGS HOME MADE VEGGIE SALSA *MILK	NATIONAL CEREAL DAY KIX CEREAL BANANA *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	VEGAN CHILI W/RED BEANS PILAF RICE MANDARIN ORANGES CARROT STICKS *MILK	FISH FILLET SANDWICH HUSH PUPPIES RED APPLE SLICES TATER TOTS *MILK	BLACK BEAN BURGER HAMBURGER BUN HONEYDEW MELON GREEN BEANS *MILK	CHEESEY GROUND BEEF MACARONI NOODLES BAKED BEANS PEAS * MILK	MINI SLOPPY JOES GROUND CHICKEN HAWAIIAN ROLL ORANGE SMILES SPINACH 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
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BANANA SUSHI ROLL PEANUT/SOY BUTTER/NUT BUTTER WHOLE WHEAT TORTILLA WATER	SUGAR SNAP PEAS RITZA CRACKERS WATER	LENTIL SOUP WHEAT CRACKERS WATER	GOLDFISH CANTALOUPE WATER	RITZ CRACKERS GREEN APPLE SLICES 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
<p>* 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. The</p> <p>Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.</p>					

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	Monday 3/10/2025	Tuesday 3/11/2025	Wednesday 3/12/2025	Thursday 3/13/2025	Friday 3/14/2025
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	PANCAKES WARMED STRAWBERRIES *MILK	FRENCH TOAST PLUMS *MILK	TURKEY SAUSAGE BLUEBERRIES *MILK	WHOLE GRAIN CHERRIOS BANANAS *MILK	ENRICHED SAUSAGE BISCUIT HASHBROWNS *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 TORTILLA PEACHES CELERY STICKS *MILK	SAVORY MINI TUNA SLIDERS ROLL KIWI SLICES MIXED VEGETABLES *MILK	HOMEMADE MAC AND CHEESE NOODLES BAKED APPLES ROASTED BEETS * MILK	RED BEAN CURRY RED BEANS (RECIPE LINK ABOVE) BROWN RICE PEARS ZUCCHINI *MILK	BEEF MEATBALL SUB SUB ROLL APRICOTS 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	FRENCH BREAD TOMATO BISQUE SOUP WATER	FRUIT & VEGGIE CUP WATERMELON STRIPS ENGLISH CUCUMBERS STRIPS WATER	SUN CHIPS CANTALOUPE WATER	POPCORN LOVER'S DAY SMART POPCORN ORANGE SMILES WATER	BLUEBERRY PARFAIT LOWFAT YOGURT 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
	* 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. The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.				

National CACFP Week March 16-22, 2025

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	Monday 3/17/2025	Tuesday 3/18/2025	Wednesday 3/19/2025	Thursday 3/20/2025	Friday 3/21/2025
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	BAGELS RASPBERRIES *MILK	OATMEAL MUFFIN PAPAYA STRIPS *MILK	ENGLISH MUFFIN TROPICAL FRUIT SALAD *MILK	PANCAKES BANANA *MILK	FRENCH TOAST KIWI *MILK
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
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BROCCOLI & CHICKEN PITA GRILLED CHICKEN PITA POCKET APRICOTS BROCCOLI *MILK	*CHILI LIME COD HARD/SOFT TACOS KIWI MINI CORN ON THE COB *MILK	SAVOREY WAFFLE-WICH TURKEY & CHEESE SANDWICH WAFFLE APRICOTS SAVORY SPINACH * MILK	RAINBOW VEGGIE WRAP HUMMUS SPREAD (GARBANZO) TORTILLA PINEAPPLE CARROT STICKS & CUCUMBERS *MILK	NATIONAL FRENCH BREAD DAY CHICKEN SALAD FRENCH BREAD MANDARIN ORANGES ROASTED CAULIFLOWER *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	*WATERMELON JICAMA SALAD PRETZELS WATER	SOUR CUCUMBER BITES CUCUMBER BITES RECIPE LINK CUCUMBERS CHEESE CRACKERS WATER	CREATE YOUR OWN CHARCUTERIE BOARD CHEDDAR CHEESE RITZ CRACKERS WATER	*BLUEBERRY LEMON PARTFAIT LOWFAT YOGURT GRAHAM CRACKERS BLUEBERRIES WATER	CHEERIOS *HAPPY SUNRISE SMOOTHIE (YOGURT, PINEAPPLE) 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
	* 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. The				
	Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.				

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	Monday 3/24/2025	Tuesday 3/25/2025	Wednesday 3/26/2025	Thursday 3/27/2025	Friday 3/28/2025
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTI GRAIN CHEERIOS RASPBERRIES *MILK	INTERNATIONAL WAFFLE DAY WAFFLE FRUIT PIZZA BLUEBERRIES *MILK	POTATO & EGG QUESADILLA ENRICHED TORTILLA SCRAMBLED EGG DICED POTATOES *MILK	BISCUITS W/GRAVY SAUSAGE PATTY ORANGE SLICES *MILK	SOMETHING ON A STICK BREAKFAST ON A STICK (RECIPE LINK) MINI PANCAKES BANANA & STRAWBERREIS *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 CHEESESTEAK DAY BEEF STEAK HOAGIE ROLL RED APPLE SLICES TATER TOTS *MILK	HOMEMADE PIZZA EXTRA CHEESE MINI PIZZA PIZZA CRUST WATERMELON SLICES CREAMY SPINACH *MILK	BBQ PORK SLIDERS MINI HAMBURGER BUNS FRUIT COCKTAIL CABBAGE * MILK	HOMEMADE MAC AND CHEESE ELBOW NOODLES CANTALOUPE GREEN BEANS *MILK	GRILLED BEEF 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 CHEESE CHEDDAR CHEESE TORTILLA WATER	AVOCADO TOAST ENGLISH MUFFIN MASHED AVOCADO WATER	FISH SWIMMING IN SOUP BREADSTICKS TOMATO BISQUE SOUP WATER	BOILED EGG HALVES 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
<p>* 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. The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.</p>					

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Monday 3/31/2025					
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ORANGES & LEMONS DAY MULTIGRAIN CHERRIOS ORANGES *MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GRILLED CHICKEN KABOBS WHEAT ROLL PEAR SLICES ROASTED ZUCCHINI *MILK				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	SALTINE CRACKERS VEGETABLE SOUP WATER				
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
* 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. The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.					