

# 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
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	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
	<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	SPAGHETTI REMIX GROUND TURKEY SPAGHETTI NOODLES GRAPES (CUT APPROPRIATELY) TOSSED SALAD * MILK	CHICKEN NUGGETS WHOLE WHEAT ROLL GARLIC MASHED POTATOES SWEET CORN * MILK	SAVORY TUNA PITA POCKETS MANGO STRIPS ROASTED KALE * MILK	GRILLED FISH BOWTIE PASTA STRAWBERRY SLICES MIXED VEGETABLES * MILK	CHICK-FIL-A SANDWICH CHICKEN BREAST HAMBURGER BUN COLESLAW CARROT 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
* 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 3/10/2025	Tuesday 3/11/2025	Wednesday 3/12/2025	Thursday 3/13/2025	Friday 3/14/2025
<b>BREAKFAST</b> 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
<b>LUNCH</b> 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	<u>RED BEAN CURRY</u> 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
<b>PM SNACK</b> 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	<u>POPCORN LOVER'S DAY</u> SMART POPCORN ORANGE SMILES WATER	BLUEBERRY PARFAIT LOWFAT YOGURT 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	CHICKEN LOMEIN TERIYAKI CHICKEN LOMEIN NOODLES ROASTED PEPPERS GARLIC BROCCOLI *MILK	SLICED HONEY BAKED HAM MULTI GRAIN ROLL ORANGE SLICES YELLOW SQUASH * MILK	FISH STICKS WHOLE WHEAT BREAD ASPARAGUS CREAMED CORN * MILK	HOT HAM AND CHEESE HAWAIIAN BREAD RASPBERRIES SAUTEED GREEN BEANS *MILK	ROASTED TURKEY W/GRAVY BISCUIT BUTTERNUT SQUASH PEAS & CARROTS * 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 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
<b>BREAKFAST</b> 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
<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	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	<b>NATIONAL FRENCH BREAD DAY</b> CHICKEN SALAD FRENCH BREAD MANDARIN ORANGES ROASTED CAULIFLOWER *MILK
<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>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	*WATERMELON JICAMA SALAD PRETZELS WATER	SOUR CUCUMBER BITES <a href="#">CUCUMBER BITES RECIPE LINK</a> 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
<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	<a href="#">JI-YOUNG BEEF OVER RICE RECIPE</a> GROUND BEEF WHITE RICE PEARS SWEET CORN *MILK	TURKEY MEATBALLS BREADSTICKS FRUIT COCKTAIL ROASTED CABBAGE * MILK	CHICKEN NUGGETS BUTTERED NOODLES DICED PEARS GREEN BEANS * MILK	<b>NATIONAL RAVIOLI DAY</b> EXTRA CHEESE RAVIOLI RAVIOLI PASTA GROOVY GRAPES (CUT APPROPRIATE) MIXED VEGETABLES *MILK	SALSBURY STEAK BROWN RICE W/ GRAVY HONEYDEW MELON POTATO SALAD * MILK
<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
	* 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
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTI GRAIN CHEERIOS RASPBERRIES *MILK	<b>INTERNATIONAL WAFFLE DAY</b> WAFFLE FRUIT PIZZA BLUEBERRIES *MILK	POTATO & EGG QUESADILLA ENRICHED TORTILLA SCRAMBLED EGG DICED POTATOES *MILK	BISCUITS W/GRAVY SAUSAGE PATTY ORANGE SLICES *MILK	<b>SOMETHING ON A STICK</b> BREAKFAST ON A STICK <a href="#">(RECIPE LINK)</a> 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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<b>NATIONAL CHEESESTEAK DAY</b> 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY MEATBALLS BREADSTICKS STRAWBERRIES CELERY STICKS *MILK	CHEESEBURGER WHOLE WHEAT BUN GRILLED PEACHES SWEET PEAS * MILK	SHRIMP N GRITS BAKED SHRIMP GRTIS BLUEBERRIES SWEET POTATO FRIES * MILK	BURRITO BOWL BLACK BEANS BROWN RICE WATERMELON SHAPES HOMEMADE PICO DE GALLO *MILK	HEALTHY CHICKEN & WAFFLES BAKED CHICKEN 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
<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 3/31/2025				
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>ORANGES &amp; LEMONS DAY</b> MULTIGRAIN CHERRIOS ORANGES *MILK					
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>LUNCH</b> 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"/>	<input type="checkbox"/>
<b>PM SNACK</b> 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"/>	<input type="checkbox"/>
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN ALFREDO PENNE PASTA KIWI SWEET PEAS * MILK		<input type="checkbox"/>			
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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