

March 2023 Children's House menu

Toddler substitution in ()

Fruit Selections: Grapes, Apples, Oranges, (bananas, berries, melon

Juice Selections: Apple Grape orange

* wg whole grain

ants on log/ raft: celery or grams with cream cheese and raisins(banana) Banana butterfly: banana w/ pretzels (gram)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast			1. Rice krispie cereal/milk	2. oranges/grams/milk	3. Raisin bread/milk
Lunch			taryaki turkey meatballs rice/ roasted califlower fresh fruit	veggie Chili cornbread/roasted carrots fresh fruit	oatmeal pancakes Yogurt /tater tots fresh fruit
PM Snack			animal crackers /Juice	grape tomatoes/cheese cube	chex mix/ juice
Breakfast	6. toast/ jelly/milk	7. waffles/milk	8. cheerios/milk	9. fruit bars and banana/milk	10. applesauce/grams/milk
Lunch	cheese Lasagna green beans fresh fruit	turkey and cheese wrap broccoli Fresh Fruit	beef tacos glazed carrots fresh fruit	chicken nuggets mashed potatoes fresh fruit	cheese pizza cucumber slices fresh fruit
PM Snack	tortilla chips/cheese	cheese and ritz crackers	cheese-its /Juice	pepper slices/ club crackers	Junior chex mix/ juice
Breakfast	13.english muffins/milk	14. yogurt parfait/milk	15. cinnamon toast cereal	16.Biscuits /milk	17. lucky charm cereal/milk
Lunch	mac and cheese broccoli fresh fruit	Vegetable beef soup/pita cucumber slices fresh fruit	Chicken& vegetable curry brown rice/carrots fresh Fruit	Hamburger slider peas fresh Fruit	Ham and cheese Fritatta biscuit/tater tots fresh fruit
PM Snack	wheat thins(crackers I/T)/Juice	grapes and ritz crackers	goldfish/ juice	pita chips(ritz thins I/T)/juice	cheesestick/pretzels
Breakfast	20. cinnamon toast/milk	21 .pancakes/milk	22. Kix cereal/milk	23./milk	24. Apple/grams/milk
Lunch	spaghetti w/ meat sauce broccoli fresh fruit	ham sandwich baked beans Fresh Fruit	cheese quesadilla glazed carrots fresh fruit	chicken nuggets mashed potatoes fresh fruit	cheese pizza green beans fresh fruit
PM Snack	Triscuits (ritz thins I/T/juic	chips and salsa	Vanilla wafers juice	cucumber slices/club crackers	Cheese mix/ juice
Breakfast	7. berry cheerios mix/milk	28.french toast bites /milk	29. Chex cereal/milk	30 .Oatmeal/milk	31.blueberry muffins/milk
Lunch	mac and cheese peas and corn fresh fruit	grilled cheese sandwich tomato soup Fresh Fruit	chicken fried rice broccoli fresh fruit	meatloaf/ dinner roll roasted sweet potatoes fresh fruit	french toast casserole sausage patty/roasted potatoes fresh fruit
PM Snack	ants on a log	cottage cheese/peaches	rtiz thins/Juice	ham /cheese slice wraps	teddy grams /juice
Breakfast					
Lunch					