

Week Ten -- Mar. 4-8	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	Bagels w/ Cream Cheese	Sausage	English Muffins	Yogurt
	Bananas	Raisins	Hashbrowns	Pears	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Chicken Tenders	Turkey and Rice Casserole	Ham and Potato Soup	Beef and Cheese Lasagna	Salami Sandwich
	French Fries	(Rice)	Oyster Crackers	(Lasagna Noodles)	(Bread)
	Mixed Fruit	Mand. Oranges	Grapes	Peaches	Craisins
	Green Beans	Broccoli	(Potatoes)	Carrots	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Goldfish	Veggie Straws	Animal Crackers	Ranch Oyster Crackers	1% Milk Graham Crackers
	Craisins	Cheese	Raisins	Cucumbers	

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.
 Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week Eleven Mar. 11-15	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Must include one serving of each of these three items: <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Graham Crackers	Waffles	Cereal	Cinnamon Toast	Cereal
	Grapes	Applesauce	Raisins	Grapes	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch Must include one serving of each of these five items: <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Grilled pepperoni and Cheese Sandwich (Bread)	Beef Spaghetti (Spaghetti Noodles)	Turkey Noodle Casserole (Egg Noodles)	Beef Sloppy Joes (Bun)	Ham and Cheese Rollup (Tortilla Shell)
	Pineapples	Grapes	Pears	Mixed Fruit	Cucumbers
	Peas	Carrots	Green Beans	Corn	Apples
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack Must include one serving of two items in the following list: <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Saltines	Ritz Crackers	Goldfish	Animal Crackers	Pretzels
			Craisins	Raisins	Juice
	String Cheese	Pepperoni			

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Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked.
 Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week Twelve Mar. 18-22	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Must include one serving of each of these three items: <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	Cereal	French Toast Sticks	Sausage Gravy over Toast	Bagels w/Cream cheese	Yogurt
	Grapes	Blueberries	Pears	Mixed Fruit	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Lunch Must include one serving of each of these five items: <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	English Muffin Pepperoni Pizzas	Kielbasa	Grilled Cheese Sandwich	Beef Tator tot Cassrole	Turkey/Cheese Rollup
	English Muffins	Mashed Potatoes	(Bread)	(tator tots)	(Tortilla)
	Pineapple	Pineapple	Peaches	Mandarin Oranges	Apples
	Peas	Baked Beans	Tomato Soup	Green Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
Snack Must include one serving of two items in the following list: <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Saltines	Veggie Straws	Chex Mix	Pretzels	Cheez-Its
		Carrot Sticks w/ ranch	Juice		Craisins
	Cheese			Cheese	

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked. Meat alternates include items such as eggs, cheese, and yogurt.

Week thirteen Mar.25-29	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat alternate • Fruit or vegetable • Milk 	Cereal	Bagels w/ Cream Cheese	Waffles	Cinnamon Toast	Yogurt
	Bananas	Apples	Applesauce	Craisins	Strawberries
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<u>Lunch</u> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	Beef Chili w/ Noodles (Macaroni) / Crackers Mand. Oranges (Chili Beans) 1 % Milk	Cheesy Chicken Casserole (Rice) peaches Broccoli 1 % Milk	Macaroni and Cheese (Macaroni Noodles) Mixed Fruit Corn 1 % Milk	Pepperoni Rice-A-Roni (Rice) Pineapple Carrots 1 % Milk	Turkey/Cheese Rollup (Tortilla Shell) Oranges Pickles 1 % Milk
<u>Snack</u> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit /Juice • Meat or meat alternate 	Pretzels Raisins	Oyster Crackers Cheese	Tortilla Chips Salsa	1% Milk Granola Bars	No Snack Center Closes at 12:30

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.