



All Sites

# March Breakfast Menu



Required Components	Sample- Ages 3-5 yrs. old
Fluid Milk	3/4c. Low-fat or Fat Free milk
Vegetable, Fruits, or portions of both	1/2c. Diced Peaches
Grains (oz. eq.)	½ Serving
Example: Bread Product	½ Slice
Meat (Optional)	1.5 oz. Sausage

**KEY** CP-Commercially Prepared USDA– USDA Sourced Recipe HM– Recipe created and credited by us

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>NO SCHOOL</b>
4 3 oz Cottage Cheese 1/4c apple chips 3/4 c Milk	5 1/2c. Cheerios 1/2c fresh pear 3/4c. Milk	6 ½ mini cinnamon roll(CP) 1/2c. mango 3/4c. Milk	7 Fruit and Yogurt Roll Up (USDA) 3/4c Milk	8 <b>MAKE UP DAY</b> Menu TBD
11 1ea Waffle,(CP) 1/2 ea banana 1tbsp sunbutter 3/4c milk	12 1c Easy Overnight Oats and berries(USDA) 3/4c milk	13 1ea Blueberry Muffin (CP) 1/2c mango 3/4c Milk	14 1 WG Frosted Mini Wheats Cereal 1/2c. Pineapple 3/4c. Milk	<b>NO SCHOOL</b>
18 1/2 ea Apple Frudel (CP) 1/2c. Pear 3/4 c. Milk	19 2oz Yogurt(CP) 1oz Granola 1/4c dried cherries 3/4 c Milk	20 2 WG Pancake(CP) ½c Fresh pear 3/4c. Milk	21 1 oz. Turkey Sausage Patty 1/2 WW English Muffin w/ Butter 1/2 C. Apple 3/4 c. Milk	<b>NO SCHOOL</b>
25	26	27	28	<b>NO SCHOOL</b>
Spring Break				

This institution is and equal opportunity provider --- CN Labels/Recipes meet USDA/CACFP Minimum Requirements. All Menus Subject to change . All alternate Milk participants will receive one of the following as appropriate. Pacific Foods Soy or Almond Milk, Darigold Lactose Free 1%



# March Lunch Menu



Required Components	Sample- Ages 3-5 yrs. old
Meat/Meat Alternate	1.5 oz. Chicken Salad
Whole Grains (oz.eq)	1/2 Serving 1/4WW Pita
Fruit	1/4c. Diced Peaches
Vegetable	1/4c. Green Beans
Milk	3/4c. Fat Free or Low-fat milk

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**Harvest for Healthy Kids Item \***

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Green– two or more elements are mixed together</b>  <b>New Dish</b>				<b>NO SCHOOL</b>
4 3/4c Shredded Zucchini and pasta (USDA) 1/2c Diced chicken 1/4cGrapefruit 3/4c. Milk	5 1c Chicken Curry Casserole (USDA) 1/4c melon 3/4c Milk	6 1ea BBQ Beef Sliders(USDA) 1 roll, 2 oz shredded beef <b>1/4c mashed potato*</b> 1 ea raisins 3/4c Milk	7 1/2c diced chicken 1/2ea maple waffle(CP) 1/4c corn 1/4c peaches 3/4c Milk	<b>NO SCHOOL</b>
11 Teriyaki Chicken(USDA) 1/4c Brown Rice 1/4c Mandarins 1/4c Normandy Vegetable Mix	12 Nachos with Diced Chicken (USDA) 5 chips, 1/4c beans, 1/2c chicken 1/4c fresh pear 3/4c Milk	13 1/2ea burger patty(CP) with Tzatziki and 1/2 Pita(USDA) 1/4c green beans 1/4c Raisins 3/4c Milk	14 1/2c Beef Birria 1/2c Cuban black beans(USDA) 1/2c brown rice 1ea Fruit cup 3/4c Milk	<b>NO SCHOOL</b>
18 1/2c Turkey 1/2c Marinated Black Bean Salad (USDA) 1/4c Pineapple 3/4c Milk	19 1c Dirty Rice(USDA) 1/4c apple 3/4c Milk	20 Arroz con Pollo(USDA) 1/4c Roasted corn and Peppers 1/4c applesauce 3/4c Milk	21 1c Stir Fry Chicken, Squash, and Corn(ICN) 1/4c Oranges 3/4c Milk	<b>NO SCHOOL</b>
<div>Spring Break</div>				<b>NO SCHOOL</b>

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# March Snack Menu



Required Components (2 Components out of 5)	Sample- Ages 3-5 yrs. old
Meat/Meat Alternate	½ oz. Sausage
Whole Grains (oz. eq)	½ Serving
Fruit	1/2c. Diced Peaches
Vegetable	1/2c. Green beans
Milk	1/2c. Fat Free or Low-fat milk

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Green— two or more elements are mixed together</b>			1	<b>NO SCHOOL</b>
4 1/2 c. Cucumbers w/Ranch 2 pkg. WW Crackers	5 1/4c cottage cheese 1/2c orange	6 1/2ea Hard-Boiled Egg 1/2c Broccoli w/ ranch	7 Savory Yogurt-Hummus Dip with Veggies(USDA)	<b>NO SCHOOL</b>
11 2 oz. Yogurt 1 oz. Granola	12 Corn Salsa with Tortilla Chips (USDA)	13 1 oz. String Cheese 1ea Tangerine	14 2 Slices Turkey 1 Pkg. WG Rold-Gold Pretzels	<b>NO SCHOOL</b>
18 2 slices Ham 1/2oz Goldfish Cracker	19 .75oz Cheddar Cheese 1/2c Orange	20 1/4c Cottage Cheese 1/2 ea kiwi	21 1/2oz goldfish 1 bag apple chip	<b>NO SCHOOL</b>
Spring Break				<b>NO SCHOOL</b>

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