

March Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 . Breakfast: cereal and skim milk AM Snack: yogurt, fruit, water Lunch: turkey and cheese sandwich, chips, tomato and cucumber salad, applesauce, milk PM Snack: hummus, crackers, carrot sticks, water</p>	<p>2. Breakfast: cereal and skim milk AM Snack: banana bread, water Lunch: chicken tenders, ketchup, mashed potatoes, carrot coins, rand dressing, apple, dinner roll PM Snack: cottage cheese, crackers, water</p>	<p>3. Breakfast: cereal and skim milk AM Snack: fruit cocktail, crackers, water Lunch: beef nachos, cheese, sour cream, black beans, pears, tortilla chips, milk PM Snack: rice cakes, fruit, water</p>	<p>4. Breakfast: cereal and skim milk AM Snack: fruit salad, crackers, water Lunch: scrambled eggs, french toast sticks, broccoli, fruit, milk PM Snack: cheese crackers, veggies, water</p>
<p>7. Breakfast: cereal and skim milk AM Snack: bananas, graham crackers, water Lunch: grilled ham and cheese, tomato soup, corn, fruit, milk PM Snack: pretzels, fruit, water</p>	<p>8. Breakfast: cereal and skim milk AM Snack: yogurt, fruit, water Lunch: hamburger casserole, peas, pineapple, milk PM Snack: hummus, crackers, carrot sticks, water</p>	<p>9. Breakfast: cereal and skim milk AM Snack: trail mix, apples, water Lunch: lemon chicken, steamed rice, cucumber slices, ranch dressing, orange, slice of bread, milk PM Snack: string cheese, mandarin oranges, water</p>	<p>10. Breakfast: cereal and skim milk AM Snack: cheese crackers, fruit, water Lunch: salisbury meatballs, penne pasta, green peas, pears, bread, milk PM Snack: veggie straws, cucumbers, water</p>	<p>11. Breakfast: cereal and skim milk AM Snack: applesauce, crackers, water Lunch: sun butter and jelly sandwich, chips, veggie, fruit, milk PM Snack: grapes, crackers, water</p>
<p>14. Breakfast: cereal and skim milk AM Snack: fruit cocktail, crackers, water Lunch: BBQ meatballs, steamed rice, carrot mash, orange, bread, milk PM Snack: applesauce, crackers, water</p>	<p>15. CENTER CLOSED PROFESSIONAL DEVELOPMENT DAY</p>	<p>16. CENTER CLOSED PROFESSIONAL DEVELOPMENT DAY</p>	<p>17. Breakfast: cereal and skim milk AM Snack: St. Patrick's Day party Lunch: spaghetti and meatballs, garlic bread, peas, oranges, milk PM Snack: rice cakes, fruit, water</p>	<p>18. Breakfast: cereal and skim milk AM Snack: fruit salad, crackers, water Lunch: cheese pizza, cucumbers slices, ranch dressing, watermelon, milk PM Snack: cheese crackers, veggies, water</p>
<p>21. Breakfast: cereal and skim milk AM Snack: bananas, graham crackers, water Lunch: turkey chili, penne pasta, broccoli, apple, cornbread, milk PM Snack: pretzels, fruit, water</p>	<p>22. Breakfast: cereal and skim milk AM Snack: yogurt, fruit, water Lunch: turkey and cheese sandwich, chips, fruit, veggie, milk PM Snack: hummus, crackers, carrot sticks, water</p>	<p>23. Breakfast: cereal and skim milk AM Snack: trail mix, apples, water Lunch: chicken tacos, shredded cheese, southwest bean salad, watermelon, tortilla, milk PM Snack: string cheese, mandarin oranges, water</p>	<p>24. Breakfast: cereal and skim milk AM Snack: cheese crackers, fruit, water Lunch: beef sloppy joe, french fries, broccoli, cantaloupe, roll, milk PM Snack: veggie straws, cucumbers, water</p>	<p>25. Breakfast: cereal and skim milk AM Snack: applesauce, crackers, water Lunch: macaroni and cheeses, green beans, fruit, roll, milk PM Snack: grapes, crackers, water</p>
<p>28. Breakfast: cereal and skim milk AM Snack: fruit smoothie, crackers Lunch: cheese quesadilla, sour cream, salsa, black beans, Spanish rice, corn, fruit, milk PM Snack: applesauce, crackers, water</p>	<p>29. Breakfast: cereal and skim milk AM Snack: yogurt, fruit, water Lunch: turkey and gravy, rotini pasta, broccoli, banana, bread, milk PM Snack: hummus, crackers, carrot sticks, water</p>	<p>30. Breakfast: cereal and skim milk AM Snack: banana bread, water Lunch: chicken tenders, ketchup, mashed potatoes, carrot coins, rand dressing, apple, dinner roll PM Snack: cottage cheese, crackers, water</p>	<p>31. Breakfast: cereal and skim milk AM Snack: fruit cocktail, crackers, water Lunch: beef nachos, cheese, sour cream, black beans, pears, tortilla chips, milk PM Snack: rice cakes, fruit, water</p>	<p>April 1 Breakfast: cereal and skim milk AM Snack: fruit salad, crackers, water Lunch: cheese pizza, carrots, apple slices, milk PM Snack: cheese crackers, veggies, water</p>