

March Menu



Child and Family Centers of Excellence

Lunch 2022/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>Cheeseburger w/Ketchup WW Enriched Buns Pickle Slices– Broccoli Fruit Milk 1%</p>	<p>28</p> <p>Chicken Taco Shredded Lettuce, Diced Tomato Shredded Cheese, Salsa MG Tortilla Shell Fruit Milk 1%</p>	<p>1</p> <p>Warm Ham Slices Sweet Potato Pieces w/Ketchup Enriched WG Bread Fruit Milk 1%</p>	<p>2</p> <p>Seasoned Chicken Breast Spanish Rice Garden Salad w/ Dressing Fruit Milk 1%</p>	<p>3</p> <p>Italian Sausage WG Pasta Marinara Casserole Italian Blend Vegetables Fresh Fruit Salad Milk 1%</p>
<p>6</p> <p>Grilled Garlic Herb Chicken Breast WW Dinner Roll Peas Fruit Milk 1%</p>	<p>7</p> <p>Turkey in Gravy Mashed Potato WG Roll Corn Fruit Milk 1%</p>	<p>8</p> <p>WG Lasagna Roll Up In Marinara Parmesan Cheese Garden Salad w/Dressing Fruit Milk 1%</p>	<p>9</p> <p>Roast Beef in Gravy Oven Enriched Brown Rice Beets Fruit Milk 1%</p>	<p>10</p> <p>WG Flat Bread/Focaccia Turkey Pepperoni Cheese Or BBQ Chicken Pizza Raw Vegetables w/Ranch Cut Fruit Milk 1%</p>
<p>13</p> <p>Sloppy Joes WG Sliced Slammer Bun Steamed Carrots Fruit Milk 1%</p>	<p>14</p> <p>Chicken Tenders w/Sauce WG Dinner Roll Green Beans Fruit Milk 1%</p>	<p>15</p> <p>Fish Nugget-Fillet w/Tartar Sauce Healthy Slaw Mix w/Dressing on Side WG Bun Fruit Milk 1%</p>	<p>16</p> <p>Chicken Thigh in Gravy Enriched Long Grain & Wild Rice Spring Salad w/Dressing Fruit Milk 1%</p>	<p>17</p> <p>Sliced Turkey & Cheese On WW Bun Sliced Tomato, Pickles, Mayo Homemade Soup Chicken Veggie, Cream Tomato, Potato Corn Chowder Fruit & Milk 1%</p>
<p>20</p> <p>Tempura Chicken Sweet Sour Sauce Enriched Brown Rice w/Vegetables Fruit Milk 1%</p>	<p>21</p> <p>Meatballs in Gravy Mashed Potatoes Pickle Spears WG Roll Fruit Milk 1%</p>	<p>22</p> <p>BBQ Shredded Pork WG Sliced Bun Corn Fruit Milk 1%</p>	<p>23</p> <p>Chicken Parmesan WG Pasta In Marinara Sauce w/Parmesan Garden Salad/Dressing Fruit Milk 1%</p>	<p>24</p> <p>Mini WG Turkey Corn Dogs w/Ketchup Peas & Carrots Assorted Fruit Salad Milk 1%</p>
<p>27</p> <p>BBQ Chicken Breast Riviera Vegetables WW Dinner Roll Fruit Milk 1%</p>	<p>28</p> <p>Nachos w/Seasoned Beef Shredded Cheese, Diced Tomato, Shredded Lettuce, Salsa, MG Tortilla Shell Fruit Milk 1%</p>	<p>29</p> <p>Italian Chicken Strips w/Sauce WG Macaroni & Cheese Green Beans Fruit Milk 1%</p>	<p>30</p> <p>Baked Breaded Pork Cutlet Mashed Sweet Potatoes WW Dinner Roll Fruit Milk 1%</p>	<p>31</p> <p>Turkey Ham Cubes in Cheese Sauce Baby Bakers WG Dinner Roll Assorted Fresh Fruit Salad Milk 1%</p>

Whole Milk for 24 Months and Under

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Breakfast/Snacks 2022/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Waffles w/Syrup 27 Fruit Milk 1% <hr/> Fruit String Cheese Milk 1%	WG Enriched Toast 28 Omelets Fruit & Milk 1% <hr/> Raw Vegetables w/Dip WG Crackers Milk 1%	WG Cereal 1 Fruit Milk 1% <hr/> Sun/Soy Butter WG Crackers Fruit Milk 1%	WG French Toast 2 w/Cinnamon Sugar Spread, Cottage Cheese Fruit & Milk 1% <hr/> WG Assorted Muffins Fruit Milk 1%	Enriched Raisin Bread 3 Spread Fruit & Milk 1% <hr/> WG Snack Mix Fruit Water
Swirl Cinnamon Bread 6 w/Spread Fruit & Milk 1% <hr/> MG Tortilla Sun Butter Fruit Milk 1%	WW Toast 7 Scrambled Eggs Fruit & Milk 1% <hr/> Raw Vegetable w/Dip WW Crackers Milk 1%	WG Cereal 8 Fruit Milk 1% <hr/> Cheese Sticks or Spread Pretzels Fruit & Milk 1%	WG Sausage Wrapped 9 Pancakes Fruit & Milk 1% <hr/> Sliced Apple-Mandarin Orange Salad w/Cinnamon Sugar WG Graham Crackers Milk 1%	MG English Muffin 10 w/Jelly or Jam Fruit & Milk 1% <hr/> Rice Cakes B-T-2 Graham Crackers Fruit Water
WG Breakfast Bread 13 Fruit Milk 1% <hr/> Fruit Cottage Cheese Water	WG Enriched Toast 14 Egg Patty Fruit & Milk 1% <hr/> WG Crackers Raw Vegetables w/Dip Milk 1%	WG Cereal 15 Fruit Milk 1% <hr/> WG Muffin Fruit Milk 1%	WW Mini Bagel 16 Warm Canadian Bacon Fruit & Milk 1% <hr/> WG Cereal Snack Mix Fruit Milk 1%	MG English Muffin 17 w/Jelly or Jam Fruit & Milk 1% <hr/> WG Crackers Fruit Water
WG Waffles w/Syrup 20 Fruit Milk 1% <hr/> WG Mini Bagels w/Cream Cheese Fruit Water	WG Bun 21 Chicken Sausage Patty Fruit & Milk 1% <hr/> Fruit Soy Butter WG Crackers Milk 1%	WW French Toast 22 Cinnamon Sugar Fruit & Milk 1% <hr/> WG Snack Mix Fruit Milk 1%	Scrambled Eggs w/Salsa 23 MG Tortilla Fruit & Milk 1% <hr/> WG Assorted Muffin Fruit Milk 1%	WG Cereal 24 Fruit Milk 1% <hr/> WG Graham Crackers Fruit Water
WG Pancakes w/Syrup 27 Fruit Milk 1% <hr/> Yogurt Berries WG Cereal as Topping & Water	WW Toast w/Spread 28 Hard Boiled Eggs Fruit & Milk 1% <hr/> String Cheese Fruit Milk 1%	WG Cereal 29 Fruit Milk 1% <hr/> Apple, Pineapple, Craisin Salad WG Crackers Milk 1%	WG Sliced Roll 30 Chicken Sausage Patties Fruit Milk 1% <hr/> Raw Vegetables w/Dip Pretzels Milk 1%	WG Bagel 31 w/Cream Cheese Fruit Milk 1% <hr/> WG Rice Cakes B-T-2s Graham Fruit & Water

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Late snack will be 2 components consisting of either fruit, whole grain, cheese, protein, etc. Choices will vary depending upon availability.