

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Whole Grain Cereal w/Fruit	Whole Grain Muffin w/Fruit	Whole Grain Croissant w/Jelly & Fruit	Whole Grain Mini Waffles,w/Fruit	Whole Grain Bagel w/Fruit
Chicken Pot Pie w/WG Biscuit w/Broccoli Fruit	BBQ Chicken, w/Whole Grain Brown Rice w/Carrots Fruit	Whole Grain Stuffed Shells w/Marinara Sauce w/ Garden Salad w/Ranch Dressing Fruit	Turkey & Cheese Panini on WG Panini w/Green Beans Fruit	White Bean & Veggie Chili w/WG Cornbread Fruit
Wheat Thins Snacks,Fruit,Milk/Water	Sweet Potato,Fruit,Milk/Water	Pancake,Fruit,Milk/Water	Yogurt,Fruit,Milk/Water	Gold Fish, Fruit, Milk/Water
9	10	11	12	13
Whole Grain Cereal w/ Fruit	Whole Grain Muffin & fruit	Whole Grain Croissant w/Jelly & Fruit	Whole Grain Mini Waffles w/Fruit	Whole Grain Bagel w/Fruit
American Chop Suey w/Grain Pasta w/Green Beans Fruit	Whole Grain Fiesta Cheese Ravioli w/Meat Sauce w/Broccoli Fruit	Baked Chicken w/ Gravy w/Whole Grain Brown Rice Garden Salad w/Italian Dressing Fruit	Chicken Teriyaki w/ Brown Rice w/Corn Fruit	Whole Grain Cheese Lasagna w/ Florentine Sauce Caesar Salad w/ Caesar Dressing Fruit
Animal Cracker, Fruit, Milk/Water	Pancake, Fruit, Milk/Water	Yogurt, Fruit, Milk/Water	Sweet Potato, Fruit, Water	Wheat Thins Snacksl, Fruit, Milk/Water
16	17	18	19	20
Whole Grain Cereal & Fruit	Whole Grain Muffin & Fruit	Whole Grain Croissant w/Jelly & Fruit	Whole Grain Mini Waffles w/Fruit	Whole Grain Bagel w/Fruit
Popcorn Chicken w/Sweet sour dipping w/ Whole Grain Brown Rice w/ Carrots Fruit	Chicken Fajita Bowl w/ Whole Grain Brown Rice w/ Corn Fruit	Breaded Chicken Sandwich w/ Whole Grain Bun w/Garden Salad& Italian Dressing Fruit	Shepherd's Pie (Beef) w/ WG Biscuit w/Green Beans Fruit	Whole Grain Cheese Macaroni & Cheese w/Mixed Vegetables
Gold Fish, Fruit, Milk/Water	Yogurt, Fruit, Milk/Water	Animal Cracker, Fruit, Milk/Water	Yogurt, Fruit, Water	Pancake, Fruit, Water
23	24	25	26	27
Whole Grain Cereal & Fruit	Whole Grain Muffin & Fruit	Whole Grain Croissant w/Jelly & Fruit	Whole Grain Mini Waffles w/Fruit	Whole Grain Bagel w/Fruit
Whole Grain Cheese Enchilada w/ Tomato Sauce w/ Corn Fruit	BBQ Chicken Meatballs w/ Whole Grain Brown Rice w/ Green Beans Fruit	Turkey Sausage, w/WG Waffle w/Garden Salad w/Ranch Dressing Fruit	Whole Grain Corn & Poblano w/Carrots Fruit	Whole Grain Cheese Ravioli w/ Alfredo Caesar Salad w/ Caesar Dressing Fruit
Sweet Potato, Fruit, Milk/Water	Wheat Thins Snacks, Fruit, Milk/Water	Gold Fish, Fruit, Milk/Water	Pancake, Fruit, Water	Yogurt, Fruit, Milk/Water
30	31			
Whole Grain Cereal & Fruit	Whole Grain Muffin & Fruit			
Whole Grain Chicken Nuggets w/ Carrots w/BBQ Dipping Sauce Fruit	Beef Tacos w/ Cheddar Cheese w/Whole Grain Soft Tortilla w/Black Beans & Corn Fruit			
Wheat Thins Snacks, Fruit, Milk/Water	Pancake, Fruit, Water			
				Notes: Breakfast Lunch Snack