

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
March 1 Breakfast					Nutri Grain Bars, mixed fruit & milk
Lunch					Cheese Pizza, green beans, pineapples & milk
Snack					Cinnamon Graham crackers & water
March 4-8 Breakfast	Whole grain cheerios, bananas & milk	Oatmeal, Peaches & Milk	Whole grain pancakes, pears & milk	Nutra grain bars, honeydew melon & milk	Biscuits with fruit spread, applesauce & milk
Lunch	Whole wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk  V: cheese sandwich	Yellow rice, black beans, whole grain bread, peaches & milk	Chicken Patty on whole wheat bun, mashed potatoes, pears & milk  V: Veggie Patty	Sun butter and jelly sandwich, whole grain bread, peas & carrots, mixed fresh fruit & milk
Snack	Yogurt, Strawberries & water	Veggie straws & water	Animal crackers & water	Sliced cheese, crackers & water	Goldfish & water

V: Vegetarian Option

<b>March 11-15 Breakfast</b>	Kix Cereal, Bananas & Milk	Whole Grain Pancakes, Strawberries & Milk	Nutra grain bars, pears & milk	French toast sticks, oranges & milk	Toasted bagel with cream cheese, strawberries & Milk
<b>Lunch</b>	Grilled cheese on whole grain bread, corn, applesauce & Milk	Chicken Alfredo, peas & carrots, Garlic Bread & Milk V: Plain Alfredo	Turkey and cheese sandwich, cucumber slices, apple slices & milk V: Cheese Sandwich	Mac and cheese, broccoli, honeydew melon, whole grain bread & Milk	Chicken Patty on a Whole Grain bun, tater tots, peaches & Milk V: Veggie Patty
<b>Snack</b>	Veggie Straws & Water	Yogurt, Oranges & Water	Vanilla Wafers, Banana Pudding & Water	Pretzels & water	Fig newtons & water

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 18-22 Breakfast</b>	Whole Grain Cheerios, Bananas & Milk	French toast sticks, oranges & milk	Nutra grain bars, pears & milk	Whole Grain Waffles, Strawberries & Milk	Biscuits with fruit spread, apple slices & milk
<b>Lunch</b>	Sun Butter and Jelly on whole grain bread, broccoli & cauliflower, Blueberries, & Milk	Chicken quesadilla with tomatoes and lettuce, peaches, & milk V: Cheese Quesadilla	Grilled cheese on whole grain bread, tater tots, whole grain bread, pineapples, milk	Pizza on whole grain English muffin, green beans and milk	Chicken nuggets, peas & carrots, cantaloupe, whole grain bread & milk V: Veggie Nuggets
<b>Snack</b>	Sliced cheese, crackers & Water	Animal crackers, water	Veggie Straws & Water	Blueberry muffins, peaches, and water	Cheese its & Water

**V: Vegetarian Option**

<b>March 25-29</b>	<b>Whole grain cheerios, bananas &amp; milk</b>	<b>Oatmeal, Peaches &amp; Milk</b>	<b>Whole grain pancakes, pears &amp; milk</b>	<b>Nutra grain bars, strawberries &amp; milk</b>	<b>Biscuits with fruit spread, applesauce &amp; milk</b>
<b>Breakfast</b>					
<b>Lunch</b>	Whole wheat Spaghetti, red sauce, veggie meatballs, garlic bread, broccoli & milk	Turkey and cheese sandwich, cucumber & carrot slices, apple slices & milk	Whole grain rice, black beans, whole grain bread, peaches & milk	Chicken Nuggets, whole grain bread, green beans, cantaloupe & milk	Grilled cheese on whole grain bread, corn, mixed fruit & Milk
<b>Snack</b>	Yogurt, Strawberries & water	V: cheese sandwich  Veggie straws & water	Animal crackers & water	V: Veggie Nuggets  Graham crackers & water	Goldfish & water

**V: Vegetarian Option**