

**Breakfast and Lunch Menu March 2024**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
week 4	4 Seasonal Fruit 1 c Whole Grain Corn Muffin 2 oz Milk 8 oz Chicken Alfredo 2 oz meat eq Pasta 2 oz gr eq Seasonal Fruit 1 c Green Peas 3/4 c Tomato Slices 1/2 c Milk 8 oz	5 Seasonal Fruit 1 c Whole Grain Cherries 1oz Milk 8 oz Breaded Chicken Patty (2 oz eq) Hamburger Bun 2 oz. Seasonal Fruit 1 c Cucumber Slices 1/2 c Broccoli 1/2 c Milk 8 oz.	6 Seasonal Fruit 1 c Whole Grain Blueberry Muffins 1oz Milk 8 oz (5) Chicken Nug 2 oz mt eq Soft Roll 1 oz / Breading 1 oz gr eq Baby Carrots 3/4 c Salad Mix 1/2 c Seasonal Fruit 1 c Milk 8 oz	7 Seasonal Fruit 1 c W.G L.S Cinnamon Cereal 1 oz Milk 8 oz Chicken & rice 2 oz meat eq Brown Rice 2 oz Seasonal Fruit 1 c Black Beans 1/2 c Mixed Vegetables 1 c Milk 8 oz	8 Seasonal Fruit 1 c (2) Whole Grain Bagles 1oz Milk 8 oz Hamburger 2.5 eq meat W/G Hamburger Bun 2 oz. Seasonal Fresh Fruit 1 c Green Beans 3/4 c Salad Mix 1/2 c Milk 8 oz
week 1	11 Seasonal Fruit 1 c Grain 2 oz Whole Grain Corn Muffin 2 oz Milk 8 oz Turkey & Gravy Mashed Potato 1/2 c Seasonal Fruit 1 c Green Beans 3/4 c Whole Grain Roll 1 oz Milk 8 oz	12 Seasonal Fruit 1 c Whole Grain Cherries 1 oz Milk 8 oz Chicken Tenders 2 oz Breading 2 oz Seasonal Fruit 1 c Fresh Tomato Slices 1/2 c Raw Broccoli 3/4 c c Milk 8 oz	13 Seasonal Fruit 1 c Whole Grain Blueberry Muffins 1oz Milk 8 oz Chicken patty (2 oz eq) Hamburger Bun 2 oz. Fresh Seasonal Fruit 1 c Green Peas 3/4 c Sweet Potato 1/2 c Milk 8 oz	14 Seasonal Fruit 1 c W.G L.S Cinnamon Cereal 1 oz Milk 8 oz W G Spaghetti 2 oz gr eq Meat Sauce 2 oz mt eq Raw Baby Carrots 3/4 c Salad Mix 1/2 c Fresh Seasonal Fruit 1 c Milk 8 oz	15 Seasonal Fruit 1 c Whole Grain Bagles 1 oz Milk 8 oz Oven Fried Chicken 2 oz Whole Grain Roll 2 oz Seasonal Fruit 1 c Raw Carrots 3/4c Baked Bean 1/2 c Milk 8 oz.
week 2	18 Seasonal Fruit 1 c Grain 2 oz Whole Grain Corn Muffin 2 oz Milk 8 oz Roast Turkey Slices Soft Roll 2 oz Seasonal Fruit 1 c Peas/Carrots 3/4 c Mashed Potato 1/2 c Milk 8 oz.	19 Seasonal Fruit 1 c Whole Grain Cherries 1 oz Milk 8 oz (5) Chicken Tenders 2 oz mt eq Soft Roll 1 oz / Breading 1 oz gr eq Sweet Potato 3/4 c Black Beans 1/2 c Seasonal Fruit 1 c Milk 8 oz	20 Seasonal Fruit 1 c Whole Grain Blueberry Muffins 1 oz Milk 8 oz Hamburger 2.5 eq meat W/G Hamburger Bun 2 oz. Seasonal Fresh Fruit 1 c Green Beans 3/4 c Salad Mix 1/2 c Milk 8 oz	21 Seasonal Fruit 1 c W.G L.S Cinnamon Cereal 1 oz Milk 8 oz WG Spaghetti 2 oz Meat Sauce 2 oz Steamed Baby Carrots 3/4 c Raw Broccoli 1/2 c Fresh Seasonal Fruit 1 c Milk 8 oz	22 Seasonal Fruit 1 c Whole Grain Bagles 1 oz Milk 8 oz Hot Dog 2 oz W/G Hot dog Bun 2 oz. Seasonal Fruit 1 c Peas/Carrots 3/4 c Tomato Slices 1/2 c Milk 8 oz.
week 3	25 Seasonal Fruit 1 c Grain 1 oz Whole Grain Corn Muffin 2 oz Milk 8 oz B.B.Q Chicken 2 oz Soft Roll 1 oz Seasonal Fruit 1 c Italian Green Beans 1/2 c Tomato Slices 1/2 c Milk 8 oz.	26 Seasonal Fruit 1 c Whole Grain Cherries 1 oz Milk 8 oz Beef Empanada 4 oz eq 100% W/G Bread 2 oz Seasonal Fruit 1 c Fresh Mashed Sweet Potato 3/4 c Raw Broccoli 1/2 c Milk 8 oz.	27 Seasonal Fruit 1 c Whole Grain Blueberry Muffins 1 oz Milk 8 oz Chicken In Gravy or Sauce 4 oz Soft Roll 1 oz Fresh Seasonal Fruit 1 c Green Peas 1/2 c Mashed Potato 3/4 c Milk 8 oz.	28 Seasonal Fruit 1 c W.G L.S Cinnamon Cereal 1 oz Milk 8 oz Spaghetti 2 oz Meat Sauce 2 oz Fresh Seasonal Fruit 1 c Raw Carrots 3/4 c Cucumbers 1/2 c Milk 8 oz.	29 Seasonal Fruit 1 c Whole Grain Bagles 1 oz Milk 8 oz Pizza 2 oz mt eq (Crust) Grain 2 oz Fresh Seasonal Fruit 1 c Salad Mix 1/2 c Raw Broccoli 1/2 c Milk 8 oz.
week 4	1 AP Seasonal Fruit 1 c Grain 2 oz Whole Grain Corn Muffin 2 oz Milk 8 oz Chicken Alfredo 2 oz meat eq Pasta 2 oz gr eq Seasonal Fruit 1 c Green Peas 3/4 c Tomato Slices 1/2 c Milk 8 oz	2 AP Seasonal Fruit 1 c Whole Grain Cherries 1oz Milk 8 oz Breaded Chicken Patty (2 oz eq) Hamburger Bun 2 oz. Seasonal Fruit 1 c Cucumber Slices 1/2 c Broccoli 1/2 c Milk 8 oz.	3 AP Seasonal Fruit 1 c Whole Grain Blueberry Muffins 1oz Milk 8 oz (5) Chicken Nug 2 oz mt eq Soft Roll 1 oz / Breading 1 oz gr eq Baby Carrots 3/4 c Salad Mix 1/2 c Seasonal Fruit 1 c Milk 8 oz	4AP Seasonal Fruit 1 c W.G L.S Cinnamon Cereal 1 oz Milk 8 oz Chicken & rice 2 oz meat eq Brown Rice 2 oz Seasonal Fruit 1 c Black Beans 1/2 c Mixed Vegetables 1 c Milk 8 oz	5AP Seasonal Fruit 1 c (2) Whole Grain Bagles 1oz Milk 8 oz Hamburger 2.5 eq meat W/G Hamburger Bun 2 oz. Seasonal Fresh Fruit 1 c Green Beans 3/4 c Salad Mix 1/2 c Milk 8 oz