

MOTHER EARTH MENU - MARCH 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	BREAKFAST SAUSAGE	2 OZ	BEEF STROGANOFF WITH MACARONI	8 OZ	PEANUT BUTTER SANDWICH	1.1 OZ
2/26	100% FRUIT JUICE	4 OZ	SCANDIANAVIAN VEGETABLES	4 OZ	1% MILK	8 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
TUESDAY	HASH BROWNS	4.5 OZ	CHICKEN FAJITA	3 OZ	GRAHAM CRACKERS	2 OZ
2/27	100% FRUIT JUICE	4 OZ	PINEAPPLE	4 OZ	1% MILK	8 OZ
			SPANISH BROWN RICE	4 OZ		
			BEANS	4 OZ		
			WHOLE WHEAT FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **MECHANICAL SOFT AND NO SALAD** - SUBSTITUTE MIXED VEGETABLES

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
WEDNESDAY	BREAKFAST TACO WITH WHOLE GRAIN TORTILLA	1.1 OZ	HAMBURGER	4 EA	BANANA	4 OZ
2/28	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE WHEAT BUN	2 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
THURSDAY	WAFFLE	2.25 OZ	BEEF STEW WITH VEGETABLES	8 OZ	CARROT SALAD	4 OZ
2/29	1% MILK	8 OZ	STEAMED BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
FRIDAY	CINNAMON APPLESAUCE	4 OZ	MEATBALLS & TOMATO SAUCE	5 CT	TUNA SALAD	2 OZ
3/1	1% MILK	8 OZ	OVER PASTA	4 OZ	SANDWICH	1 OZ
			CARROTS	4 OZ	100% FRUIT JUICE	4 OZ
			MIXED FRUIT	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		

FOR ALL MEALS SERVED: **LACTOSE FREE**: SUBSTITUTE LACTOSE FREE MILK **NCS**: ALL FRUITS ARE FRESH OR PACKED IN WATER. NO SUGAR ADDED TO ANY PREPARED FOODS **NAS**: ALL MEALS PREPARED WITHOUT ADDED SALT

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DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	OATMEAL WITH RAISINS	4 OZ	CALABAZA CON POLLO	4 OZ/ 4 OZ	1/2 GRILLED CHEESE SANDWICH	1 OZ
3/4	1% MILK	8 OZ	SPANISH BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			PINEAPPLE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **NO DAIRY**: SUBSTITUTE TOAST WITH HONEY DRIZZLE FOR PM SNACK

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
TUESDAY	BISCUITS WITH JELLY	2.25 OZ	TOMATO & MEAT SAUCE OVER WHOLE WHEAT PASTA	4 OZ/ 4 OZ	CHICKEN PASTA SALAD	2.5 OZ
3/5	1% MILK	8 OZ	GREEN BEAN CASSEROLE	4 OZ	100% FRUIT JUICE	4 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN GARLIC BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
WEDNESDAY	BREAKFAST TACO ON WHOLE GRAIN TORTILLA	1.1 OZ	BREADED COD	4 OZ	STRAWBERRIES WITH COOL WHIP	1 OZ
3/6	100% FRUIT JUICE	4 OZ	MACARONI & CHEESE	4 OZ	1% MILK	8 OZ
			MIXED FRUIT	4 OZ		
			COLE SLAW	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
THURSDAY	FRENCH TOAST	2.5 OZ	SLOPPY JOE ON BUN	3 OZ/1	CUCUMBER SALAD	4 OZ
3/7	1% MILK	8 OZ	PEACHES	4 OZ	100% FRUIT JUICE	4 OZ
			VEGETABLE MEDLEY	4 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
FRIDAY	BAKED APPLES	4 OZ	ASIAN BEEF WITH CARROTS	6 OZ	1/2 QUESADILLA	1 OZ
3/8	1% MILK	8 OZ	OVER BROCCOLI	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			STEAMED BROWN RICE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

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MOTHER EARTH MENU - MARCH 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	BREAKFAST SAUSAGE	2 OZ	STACKED BEEF ENCHILADAS	4 OZ	PEANUT BUTTER & JELLY SANDWICH	1 OZ
3/11	100% FRUIT JUICE	4 OZ	PINEAPPLE	4 OZ	1% MILK	8 OZ
			SIDE SALAD	8 OZ		
			SPANISH BROWN RICE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: MECH SOFT AND NO SALAD: SUB VEGETABLE FOR SALAD

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
TUESDAY	BISCUITS W/ JELLY	2 OZ	OVEN BAKED CHICKEN	3 OZ	TUNA SALAD	1 OZ
3/12	1% MILK	8 OZ	WHOLE GRAIN PASTA WITH TOMATO SAUCE	4 OZ	SANDWICH	1 OZ
			FRUIT COCKTAIL	4 OZ	100% FRUIT JUICE	4 OZ
			MEXICAN ZUCCHINI	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
WEDNESDAY	BREAKFAST TACO ON WHOLE GRAIN TORTILLA	1.1 OZ	CHOPPED BRISKET	3 OZ	BANANA	4 OZ
3/13	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE GRAIN BUN	2.25 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
THURSDAY	WAFFLES	2.25 OZ	CREAMY MEATBALLS	5 CT	CARROT SALAD	4 OZ
3/14	1% MILK	8 OZ	ITALIAN GREEN BEANS	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			BUTTERED PASTA	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
FRIDAY	APPLE SAUCE	4 OZ	SALISBURY STEAK WITH GRAVY	4 OZ	GRAHAM CRACKER WITH PEANUT BUTTER	1 OZ
3/15	1% MILK	8 OZ	GARDEN SALAD	8 OZ	100% FRUIT JUICE	4 OZ
			MIXED FRUIT	4 OZ		
			STEAMED BROWN RICE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

NOTES: MECH SOFT AND NO SALAD - SUBSTITUTE VEGETABLE FOR SALAD

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MOTHER EARTH MENU - MARCH 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	HASH BROWNS	4.5 OZ	BBQ CHICKEN	3 OZ	STRAWBERRIES WITH COOL WHIP	4 OZ
3/18	100% FRUIT JUICE	4 OZ	GARLIC BUTTER PASTA	4 OZ	1% MILK	8 OZ
			CARROTS	4 OZ		
			PINEAPPLE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
TUESDAY	OATMEAL	4 OZ	PICADILLO	8 OZ	CHICKEN PASTA SALAD	2.5 OZ
3/19	1% MILK	8 OZ	SPANISH BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
WEDNESDAY	BREAKFAST TACO ON WHOLE GRAIN TORTILLA	1.1 OZ	FISH STICKS	4 OZ/ 4 STICKS	GRILLED CHEESE SANDWICH	1 OZ
3/20	100% FRUIT JUICE	4 OZ	COLE SLAW	4 OZ	1% MILK	8 OZ
			MIXED FRUIT	4 OZ		
			WHOLE GRAIN SLICED BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
THURSDAY	FRENCH TOAST	2.5 OZ	TURKEY & GRAVY	2 OZ	CUCUMBER SALAD	2 OZ
3/21	1% MILK	8 OZ	CAPRI VEGETABLES	4 OZ	100% FRUIT JUICE	4 OZ
			PEACHES	4 OZ		
			MACARONI & CHEESE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
FRIDAY	BAKED APPLES	4 OZ	CARNE GUISADA	4 OZ	PEPPERONI PIZZA ON BISCUIT	1 OZ
3/22	1% MILK	8 OZ	SALAD	8 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			SPANISH BROWN RICE	2 OZ		
			WHOLE GRAIN TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **PUREE** AND **NO SALAD**: SUB VEGETABLE FOR SIDE SALAD

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MOTHER EARTH MENU - MARCH 2024

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	BREAKFAST SAUSAGE	2 OZ	BEEF STROGANOFF WITH MACARONI	8 OZ	PEANUT BUTTER SANDWICH	1.1 OZ
3/25	100% FRUIT JUICE	4 OZ	SCANDIANAVIAN VEGETABLES	4 OZ	1% MILK	8 OZ
			FRUIT COCKTAIL	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
TUESDAY	HASH BROWNS	4.5 OZ	CHICKEN FAJITA	3 OZ	GRAHAM CRACKERS	2 OZ
3/26	100% FRUIT JUICE	4 OZ	PINEAPPLE	4 OZ	1% MILK	8 OZ
			SPANISH BROWN RICE	4 OZ		
			BEANS	4 OZ		
			WHOLE WHEAT FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **MECHANICAL SOFT AND NO SALAD** - SUBSTITUTE MIXED VEGETABLES

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
WEDNESDAY	BREAKFAST TACO WITH WHOLE GRAIN TORTILLA	1.1 OZ	HAMBURGER	4 EA	BANANA	4 OZ
3/27	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE WHEAT BUN	2 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
THURSDAY	WAFFLE	2.25 OZ	BEEF STEW WITH VEGETABLES	8 OZ	CARROT SALAD	4 OZ
3/28	1% MILK	8 OZ	STEAMED BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
FRIDAY	CINNAMON APPLESAUCE	4 OZ	MEATBALLS & TOMATO SAUCE	5 CT	TUNA SALAD	2 OZ
3/29	1% MILK	8 OZ	OVER PASTA	4 OZ	SANDWICH	1 OZ
			CARROTS	4 OZ	100% FRUIT JUICE	4 OZ
			MIXED FRUIT	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		

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