

MARCH 5 – MARCH 9

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	OATMEAL	4 OZ	ASIAN BEEF	4 OZ	PIMENTO CHEESE & CRACKERS	2 OZ/ 1 OZ
	RAISINS	1 T	OVER BROCCOLI	4 OZ	100% FRUIT JUICE	4 OZ
	1% MILK	8 OZ	STEAMED BROWN RICE	4 OZ		
			PEARS	4 OZ		
			WHOLE GRAIN BREAD	.99 OZ		
			1% MILK	8 OZ		
NOTES: NO MILK - substitute 2 whole sheets graham crackers						
TUESDAY	PINEAPPLE	4 OZ	CREAMY CHICKEN OVER	3 OZ	OPEN FACED CHICKEN SALAD SANDWICH	2 OZ
	1% MILK	8 OZ	WHOLE GRAIN PENNE	4 OZ	WITH WHOLE GRAIN BREAD	28G
			MANDARIN ORANGES	4 OZ	100% FRUIT JUICE	4 OZ
			MEXICAN ZUCCHINI	4 OZ		
			WHOLE GRAIN BREAD	.99 OZ		
			1% MILK	8 OZ		
WEDNESDAY	SCRAMBLED EGG & CHEESE	2 OZ	STACKED BEEF ENCHILADAS	4 OZ	BANANA & BLUBERRY TOPPED WITH YOGURT	4 OZ
	100% FRUIT JUICE	4 OZ	MANGO	4 OZ	1% MILK	8 OZ
			SIDE SALAD	4 OZ		
			SPANISH BROWN RICE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
THURSDAY	STRAWBERRIES & COOL WHIP	4 OZ	BREADED PORK CHOP PATTY	3.7 OZ	1/2 PEANUT BUTTER SANDWICH	2 OZ
	1% MILK	8 OZ	HOT APPLES	4 OZ	WITH WHOLE GRAIN BREAD	.99 OZ
			GARLIC & HERB CARROTS	4 OZ	100% FRUIT JUICE	4 OZ
			WHOLE GRAIN BREAD	.99 OZ		
			1% MILK	8 OZ		
FRIDAY	BREAKFAST SAUSAGE	2 OZ	HAMBURGER	4 OZ	TURKEY ROLL-UP	1 OZ
	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	ON WHOLE GRAIN TORTILLA	1.1 OZ
			PEACHES	4 OZ	1% MILK	8 OZ
			WHOLE WHEAT BUN	2.26 OZ		
			1% MILK	8 OZ		

NOTES: **LACTOSE FREE:** USE NON DAILY COOL WHIP OR OMIT

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

MARCH 12 – MARCH 16

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	APPLESAUCE	4 OZ	CHICKEN	3 OZ	GRILLED CHEESE SANDWICH	1 OZ/ .99 OZ
	1% MILK	8 OZ	WHOLE WHEAT PASTA	4 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			CALIFORNIA BLEND VEGETABLES	4 OZ		
			WHOLE WHEAT BREAD	.99 OZ		
			1% MILK	8 OZ		
TUESDAY	BREAKFAST TACO WITH	2 OZ	BEEF TACO MEAT WITH ITALIAN GREEN BEANS	8 OZ	MIXED FRUIT	4 OZ
	WHOLE WHEAT TORTILLA	31g	FRUIT SALAD	4 OZ	1% MILK	8 OZ
	100% FRUIT JUICE	4 OZ	SPANISH BROWN RICE	4 OZ		
			WHOL GRAIN BREAD	.99 OZ		
			1% MILK	8 OZ		
NOTES: PUREE ; LACTOSE FREE : SUBSTITUTE CHEESE SANDWICH WITH TURKEY SANDWICH						
WEDNESDAY	OATMEAL	4 OZ	POLLOCK WEDGE	4 OZ	BANANAS	4 OZ
	100% FRUIT JUICE	4 OZ	PEAS	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE GRAIN BREAD	.99 OZ		
			1% MILK	8 OZ		
THURSDAY	YOGURT	4 OZ	BEEF STEW WITH MIXED SQUASH	8 OZ	HUMMUS & CUCUMBER SLICES	2 OZ/ 2 OZ
	GRANOLA TOPPING	1 T	GARLICY PENNE PASTA	4 OZ	100% FRUIT JUICE	4 OZ
	1% MILK	8 OZ	TROPICAL FRUIT	4 OZ		
			WHOLE WHEAT BREAD	.99 OZ		
			1% MILK	8 OZ		
FRIDAY	PEARS	4 OZ	CHICKEN FAJITA	3 OZ	MEXICAN CORN CUP	4 OZ
	1% MILK	8 OZ	MEXICAN BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			PINEAPPLE	4 OZ		
			GARDEN SALAD	4 OZ		
			WHOLE WHEAT FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES: **PUREE AND NO SALAD**: SUBSTITUTE PEAS FOR GARDEN SALAD

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MARCH 19 – MARCH 23

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	YEAST ROLL	2 OZ	CALABAZA CON POLLO	4 OZ/ 4 OZ	APPLESAUCE	4 OZ
	100% FRUIT JUICE	4 OZ	SPANISH BROWN RICE	4 OZ	1% MILK	8 OZ
			TROPICAL FRUIT	4 OZ		
			WHOLE GRAIN TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

NOTES:

TUESDAY	HASH BROWN	4 OZ	TOMATO & MEAT SAUCE OVER WHOLE WHEAT PASTA	4 OZ/ 4 OZ	STRAWBERRIES	4 OZ
	100% JUICE	8 OZ	ITALIAN GREEN BEANS	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE WHEAT GARLIC BREAD	.99 OZ		
			1% MILK	8 OZ		

NOTES: **PUREE:** SUBSTITUTE SALAD FOR GREEN BEANS.

WEDNESDAY	CINNAMON MUFFIN	2 OZ	CHOPPED BRISKET	3 OZ	WHOLE GRAIN BREAD	.99 OZ
	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	PEANUT BUTTER AND JELLY	1 T/1t
			MIXED FRUIT	4 OZ	1% MILK	8 OZ
			WHOLE WHEAT SLICED BREAD - 2	.99 OZ/ SLICE		
			1% MILK	8 OZ		

NOTES:

THURSDAY	SCRAMBLED EGGS & CHEESE	4 OZ	SALISBURY STEAK WITH GRAVY	4 OZ	YOGURT WITH HONEY DRIZZLE	4 OZ
	1% MILK	8 OZ	SIDE SALAD	4 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE WHEAT BREAD	.99 OZ		
				1% MILK	8 OZ	

NOTES: **LACTOSE FREE:** SUB YOGURT FOR GRAHAM SHEETS

FRIDAY	BREAKFAST SAUSAGE	2 OZ	TURKEY & GRAVY	2 OZ	BANANAS	4 OZ
	100% JUICE	8 OZ	BROCCOLI	4 OZ	1% MILK	8 OZ
			FRUIT COCKTAIL	4 OZ		
			GARLICY BUTTERED PASTA	4 OZ		
			WHOLE WHEAT BREAD	.99 OZ		
				1% MILK	8 OZ	

NOTES:

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MARCH 26 – MARCH 30

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	PINEAPPLE TIDBITS	4 OZ	CHICKEN CACCIATORE	4 OZ	TUNA SALAD	2 OZ
	1% MILK	8 OZ	PEACHES	4 OZ	ON WHOLE GRAIN BREAD	.99 OZ
			SPINACH WITH ONION AND BACON	4 OZ	100% FRUIT JUICE	4 OZ
			STEAMED BROWN RICE	2 OZ		
			WHOLE WHEAT BREAD	.99 OZ		
			1% MILK	8 OZ		
TUESDAY	CINNAMON TOAST	.99 OZ	BEEF STROGANOFF WITH MACARONI	8 OZ	APPLESAUCE	4 OZ
	100% FRUIT JUICE	4 OZ	MIXED FRUIT	4 OZ	1% MILK	8 OZ
			CAPRI VEGETABLE BLEND	4 OZ		
			WHOLE WHEAT BREAD	.99 OZ		
			1% MILK	8 OZ		
WEDNESDAY	OATMEAL	4 OZ	WHOLE GRAIN FISH STICK	4 EA	HUMMUS & CUCUMBER SLICES	2 OZ/ 2 OZ
	BLUEBERRIES	2 T	CARROTS WITH BUTTER AND HERBS	4 OZ	100% FRUIT JUICE	4 OZ
	100% FRUIT JUICE	4 OZ	PEARS	4 OZ		
			WHOLE WHEAT BREAD	.99 OZ		
			1% MILK	8 OZ		
THURSDAY	SCRAMBLED EGGS WITH CHORIZO	4 OZ	CARNE GUISADA	4 OZ	SWEET YAMS	4 OZ
	100% FRUIT JUICE	4 OZ	SIDE SALAD	4 OZ	1% MILK	8 OZ
			HOT APPLES WITH RAISINS	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE GRAIN FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
NOTES: PUREE: SUBSTITUTE GREEN BEANS FOR SIDE SALAD						
FRIDAY	YEAST ROLL	2 OZ	BBQ CHICKEN	3 OZ	FRUIT WITH ICE CREAM	4 OZ
	1% MILK	8 OZ	WHOLE GRAIN BUN	2.25 OZ	1% MILK	8 OZ
			MANDARIN ORANGES	4 OZ		
			COLE SLAW	4 OZ		
			1% MILK	8 OZ		

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