

Mother Earth Menu
March 2019

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	CINNAMON TOAST	1 OZ	CARNE GUISADA	4 OZ	HOT APPLES WITH RAISINS	4 OZ
2/25	100% FRUIT JUICE	4 OZ	SIDE SALAD	4 OZ	1% MILK	8 OZ
			PINEAPPLE TIDBITS	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE GRAIN FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
TUESDAY	SWEET YAMS	4 OZ	BEEF STROGANOFF WITH MACARONI	8 OZ	TUNA SALAD	2 OZ
2/26	1% MILK	8 OZ	MIXED FRUIT	4 OZ	ON WHOLE GRAIN BREAD	1 OZ
			CAPRI VEGETABLE BLEND	4 OZ	100% FRUIT JUICE	4 OZ
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
WEDNESDAY	YEAST ROLL	2 OZ	WHOLE GRAIN FISH STICK	4 EA	FRUIT WITH ICE CREAM	4 OZ
2/27	100% FRUIT JUICE	4 OZ	CARROTS WITH BUTTER AND HERBS	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			GREEN BEANS	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
THURSDAY	OATMEAL	4 OZ	CHICKEN CACCIATORE	4 OZ	APPLESAUCE	4 OZ
2/28	BLUEBERRIES	2 T	PEACHES	4 OZ	1% MILK	8 OZ
	100% FRUIT JUICE	4 OZ	SPINACH WITH ONION AND BACON	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: PUREE : SUBSTITUTE GREEN BEANS FOR SIDE SALAD						
FRIDAY	SCRAMBLED EGGS WITH CHORIZO TACO	2 OZ/ 1 OZ	BBQ CHICKEN	3 OZ	TOMATO & CUCUMBER SALAD	4 OZ
3/1	1% MILK	8 OZ	WHOLE GRAIN BUN	2.25 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			COLE SLAW	4 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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February 2019

DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	OATMEAL	4 OZ	STACKED BEEF ENCHILADAS	4 OZ	PIMENTO CHEESE ON	2 OZ
3/4	RAISINS	1T	MIXED FRUIT	4 OZ	WHOLE GRAIN BREAD	1 OZ
	1% MILK	8 OZ	SIDE SALAD	4 OZ	100% FRUIT JUICE	4 OZ
			SPANISH BROWN RICE	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
NOTES: PUREE: SUB MEXICAN ZUCCHINI FOR SALAD						
TUESDAY	PINEAPPLE	4 OZ	CREAMY CHICKEN OVER	3 OZ	TURKEY ROLL-UP	1 OZ
3/5	1% MILK	8 OZ	WHOLE GRAIN PENNE	4 OZ	ON WHOLE GRAIN TORTILLA	1.1 OZ
			MANDARIN ORANGES	4 OZ	100% FRUIT JUICE	4 OZ
			MEXICAN ZUCCHINI	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
WEDNESDAY	BREAKFAST SAUSAGE	2 OZ	ASIAN BEEF WITH CARROTS	4 OZ	FRUIT	4 OZ
3/6	100% FRUIT JUICE	4 OZ	OVER BROCCOLI	4 OZ	TOPPED WITH YOGURT	1T
			STEAMED BROWN RICE	4 OZ	1% MILK	8 OZ
			PEARS	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: NO MILK - NO YOGURT TOPPING						
THURSDAY	STRAWBERRIES & COOL WHIP	4 OZ	BREADED PORK CHOP PATTY	3.7 OZ	OPEN FACED CHICKEN SALAD SANDWICH	2 OZ
3/7	1% MILK	8 OZ	HOT APPLES	4 OZ	WITH WHOLE GRAIN BREAD	1 OZ
			GARLIC & HERB GREEN BEANS	4 OZ	100% FRUIT JUICE	4 OZ
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: LACTOSE FREE: USE NON DAILY COOL WHIP OR OMIT						
FRIDAY	SCRAMBLED EGG & CHEESE	2 OZ	HAMBURGER	4 OZ	1/2 PEANUT BUTTER SANDWICH	2 OZ
3/8	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	WITH WHOLE GRAIN BREAD	1 OZ
			PEACHES	4 OZ	1% MILK	8 OZ
			WHOLE WHEAT BUN	2.26 OZ		
			1% MILK	8 OZ		

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MONDAY	APPLESAUCE	4 OZ	GARLIC & HERB CHICKEN	3 OZ	CUCUMBER SALAD	4 OZ
3/11	1% MILK	8 OZ	BROWN RICE	4 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			PEAS	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
TUESDAY	BREAKFAST TACO WITH	2 OZ	GROUND BEEF WITH ITALIAN GREEN BEANS	8 OZ	HOT APPLES & RAISINS	4 OZ
3/12	WHOLE WHEAT TORTILLA	1.1 OZ	FRUIT SALAD	4 OZ	1% MILK	8 OZ
	100% FRUIT JUICE	4 OZ	LEMON HERB PASTA	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
WEDNESDAY	BANANAS	4 OZ	POLLOCK WEDGE	4 OZ	MEXICAN CORN CUP	4 OZ
3/13	1% MILK	8 OZ	CALIFORNIA VEGGIES	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			SAFFRON RICE	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
THURSDAY	OATMEAL	4 OZ	BEEF STEW WITH MIXED SQUASH	8 OZ	GRILLED CHEESE SANDWICH	1 OZ/1 OZ
3/14	1% MILK	8 OZ	GARLIC PENNE PASTA	4 OZ	100% FRUIT JUICE	4 OZ
			MIXED FRUIT	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: PUREE: LACTOSE FREE: SUBSTITUTE CHEESE SANDWICH WITH TURKEY SANDWICH						
FRIDAY	BREAKFAST SAUSAGE	2 OZ	CHICKEN FAJITA	3 OZ	PEACHES	4 OZ
3/15	100% FRUIT JUICE	4 OZ	MEXICAN BROWN RICE	4 OZ	1% MILK	8 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 GREEN BEANS FOR GARDEN SALAD						

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MONDAY	YEAST ROLL	2 OZ	CALABAZA CON POLLO	4 OZ/ 4 OZ	APPLESAUCE	4 OZ
3/18	100% FRUIT JUICE	4 OZ	SPANISH BROWN RICE	4 OZ	1% MILK	8 OZ
			TROPICAL FRUIT	4 OZ		
			WHOLE WHEAT TORTILLA	1.1 OZ		
			1% MILK	8 OZ		

TUESDAY	HASH BROWN	4 OZ	TOMATO & MEAT SAUCE OVER WHOLE WHEAT PASTA	4 OZ/ 4 OZ	STRAWBERRIES	4 OZ
3/19	100% JUICE	8 OZ	ITALIAN GREEN BEANS	4 OZ	1% MILK	8 OZ
			PEACHES	4 OZ		
			WHOLE GRAIN GARLIC BREAD	1 OZ		
			1% MILK	8 OZ		

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

WEDNESDAY	SCRAMBLED EGGS & CHEESE TACO	2 OZ/ 1 OZ	CHOPPED BRISKET	3 OZ	BANANA	4 OZ
3/20	100% FRUIT JUICE	4 OZ	HASH BROWN POTATOES	4 OZ	1% MILK	8 OZ
			MIXED FRUIT	4 OZ		
			WHOLE GRAIN SLICED BREAD - 2	1 OZ/ SLICE		
			1% MILK	8 OZ		

THURSDAY	BREAKFAST SAUSAGE	4 OZ	TURKEY & GRAVY	2 OZ	WHOLE GRAIN BREAD	1 OZ
3/21	100% FRUIT JUICE	4 OZ	BROCCOLI	4 OZ	PEANUT BUTTER AND JELLY	1 T/1t
			FRUIT COCKTAIL	4 OZ	1% MILK	8 OZ
			GARLICY BUTTERED PASTA	4 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

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

FRIDAY	JELLO PEARS	4 OZ	SALISBURY STEAK WITH GRAVY	4 OZ	CINNAMON SQUARE	2 OZ
3/22	1% MILK	8 OZ	SIDE SALAD	4 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE GRAIN BREAD	1 OZ		
			1% MILK	8 OZ		

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

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DAY	AM SNACK	SS	LUNCH	SS	PM SNACK	SS
MONDAY	CINNAMON TOAST	1 OZ	CARNE GUISADA	4 OZ	HOT APPLES WITH RAISINS	4 OZ
3/25	100% FRUIT JUICE	4 OZ	SIDE SALAD	4 OZ	1% MILK	8 OZ
			PINEAPPLE TIDBITS	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE GRAIN FLOUR TORTILLA	1.1 OZ		
			1% MILK	8 OZ		
TUESDAY	SWEET YAMS	4 OZ	BEEF STROGANOFF WITH MACARONI	8 OZ	TUNA SALAD	2 OZ
3/26	1% MILK	8 OZ	MIXED FRUIT	4 OZ	ON WHOLE GRAIN BREAD	1 OZ
			CAPRI VEGETABLE BLEND	4 OZ	100% FRUIT JUICE	4 OZ
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
WEDNESDAY	YEAST ROLL	2 OZ	WHOLE GRAIN FISH STICK	4 EA	FRUIT WITH ICE CREAM	4 OZ
3/27	100% FRUIT JUICE	4 OZ	CARROTS WITH BUTTER AND HERBS	4 OZ	100% FRUIT JUICE	4 OZ
			PEARS	4 OZ		
			GREEN BEANS	4 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
THURSDAY	OATMEAL	4 OZ	CHICKEN CACCIATORE	4 OZ	APPLESAUCE	4 OZ
3/28	BLUEBERRIES	2 T	PEACHES	4 OZ	1% MILK	8 OZ
	100% FRUIT JUICE	4 OZ	SPINACH WITH ONION AND BACON	4 OZ		
			STEAMED BROWN RICE	2 OZ		
			WHOLE WHEAT BREAD	1 OZ		
			1% MILK	8 OZ		
NOTES: PUREE : SUBSTITUTE GREEN BEANS FOR SIDE SALAD						
FRIDAY	SCRAMBLED EGGS WITH CHORIZO TACO	2 OZ/ 1 OZ	BBQ CHICKEN	3 OZ	TOMATO & CUCUMBER SALAD	4 OZ
3/29	1% MILK	8 OZ	WHOLE GRAIN BUN	2.25 OZ	100% FRUIT JUICE	4 OZ
			MANDARIN ORANGES	4 OZ		
			COLE SLAW	4 OZ		
			1% MILK	8 OZ		

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