UCHRA Van Buen Head Start Menus 2020/2021 March 2021

March 2021					
Week 1 of 5					
Meal Pattern	Monday 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Diced Apricots	1/2 Banana	Orange Wedges (C )	Diced Peaches (C)
			General Mills Multi-Grain Cheerios		
Bread/Alternate	WW Cream of Wheat	WW Oatmeal	Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes				Jelly	Syrup
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	@White Beans with Ham Chunks	Tyson WG Chicken Patty (I)	WW Tony's Smart Pizza Pepperoni	1% Milk	@Tuna Salad
				Hamburger Steak	
Vegetable 1/4 c (2oz)	@Cole Slaw	Baked Curly Fries	Green Beans		Tomato Wedges (A,C)
				Champ IRISH Mashed Potatoes	Romaine Lettuce/Spinach mix
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Tomato Wedges (A,C)	Tropical Fruit Cup		Tropical Fruit
(Vegies can replace fruits)		Romaine Lettuce/Spinach mix		Green Peas (A & C)	
Bread/Alternate	Cornbread Muffin	Ultra WW Bun	WW (Pizza crust)		Healthy Life WW Bread
Other/Notes				Sister's Schubert's WW Roll	
		Ketchup, Mustard, Mayo		Cooked Sweet Peppers & Onions	*Serve as Sandwich
		*Serve as Sandwich			
Week 2 of 5					
Meal Pattern	Monday 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Strawberry slices	Banana Slices	Orange Wedges (C)	Blueberries	Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies WW Cereal	Healthy Life WW Toast	WW Oatmeal	Biscuit
Other/Notes		and a second second second	American Cheese		
			*Serve as Cheese Toast		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
1111K 0/7 C					WW Tony's Smart Pizza Pepperoni
Meat/Alternate 1 1/2 oz	Ground Beef	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	and cheese CN Label
Vegetable 1/4 c (2oz)	Tomato Wedges (A,C)	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
vegetable 1/4 C (202)	Romaine Lettuce/Spinach mix		Masheu Potatoes	Romaine Lettuce/Spinach mix	Green Dealis
Fruit 1/4 c (2oz)	Diced Peaches	Corn	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits)	Diced reaches	com	Green Feas (A & C)		Diced Feaches (C)
Bread/Alternate	Don Pancho WW Tortiallas Shell	Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Bread	WW (Pizza crust)
Bread/Alternate	Don Pancho www Tortianias Shen	Combread Munin	Sister's Schubert's WW Roll		WWW (Pizza crust)
Other/Netes	Shraddad Sharp Chasses Salas		Cooked Sweet Denners & Oniene	*Comio og Condiviah	
Other/Notes	Shredded Sharp Cheese, Salsa		Cooked Sweet Peppers & Onions	*Serve as Sandwich	
	*Serve as Tortialla Pie				
Week 3 of 5	Monday 3/15	Tuesday 3/16	Wednesday 3/17	Thursday 3/18	Friday 3/19
Meal Pattern	-	-	-	-	-
Meal Pattern Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Meal Pattern Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
Meal Pattern Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast 1% Milk Cooked Apple Slices (C)
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Breakfast 1% Milk Orange Wedges (C )	Breakfast 1% Milk Applesauce (C)	Breakfast 1% Milk Banana	Breakfast 1% Milk Strawberry slices	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk Cooked Apple Slices (C)
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Breakfast 1% Milk Orange Wedges (C )	Breakfast 1% Milk Applesauce (C)	Breakfast 1% Milk Banana	Breakfast 1% Milk Strawberry slices	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin Jelly	Breakfast 1% Milk Applesauce (C) WW French Toast	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal	Breakfast 1% Milk Strawberry slices WW Cream of Wheat	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin Jelly Lunch	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin Jelly Lunch 1% Milk	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk
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Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili 3/22	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta)
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Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili 3/22 SPRING Break Monday 3/29	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break SI Wednesday 3/31	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili 3/22 SPRING Break Monday 3/29 Breakfast	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING BreakSi Wednesday 3/31 Breakfast	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravioli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break SI Wednesday 3/31 Breakfast 1% Milk	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C)	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si Breakfast 1% Milk 1/2 Banana	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C)
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break SI Wednesday 3/31 Breakfast 1% Milk	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si Breakfast 1% Milk 1/2 Banana	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C)
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si Breakfast 1% Milk 1/2 Banana	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C)
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2o2) Fruit 1/4 c / 2 oz (2o2) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitYegetable/Juice 1/2 c	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si Breakfast 1% Milk 1/2 Banana	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C)
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Orange Wedges (C ) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese *Serve as @ Chili 3/22 SPRING Break Monday 3/29 Breakfast 1% Milk Strawberry slices WW Cream of Wheat	Breakfast  1% Milk  Applesauce (C)  WW French Toast  Lunch  1% Milk  CN Label Hormel Turkey & Cheese  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  3/23 SPRING Break S  Tuesday 3/30 Breakfast  1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break SI Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Orange Wedges (C, )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Oratoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch       (Culture Food)         1% Milk	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Heatthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch         (Culture Food)	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2o2) Fruit 1/4 c / 2 oz (2o2) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Milk 3/4 c Milk 3/4 c Meat/Alternate 1 1/2 oz	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch (Culture Food)         1% Milk         Ground Beef Meatballs	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break SI Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WW Tony's Smart Pizza Pepperoni
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Orange Wedges (C, )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Oratoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch       (Culture Food)         1% Milk	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktall Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C)	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2o2) Fruit 1/4 c / 2 oz (2o2) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Milk 3/4 c Milk 3/4 c Meat/Alternate 1 1/2 oz	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch (Culture Food)         1% Milk         Ground Beef Meatballs	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break SI Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WW Tony's Smart Pizza Pepperoni
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 4 of 5 Closed Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz)	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch (Culture Food)         1% Milk         Ground Beef Meatballs         Green Peas	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C)	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 SPRING Break Si Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerlos Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WW Tony's Smart Pizza Pepperoni Green Beans
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c FruitVegetable 1/4 c (2oz) Fruit 1/4 c (2oz)	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch (Culture Food)         1% Milk         Ground Beef Meatballs	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break SI Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktall Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C)	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WW Tony's Smart Pizza Pepperoni
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitYvegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitYvegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitYvegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) FruitYvegetable/Juice 1/2 c FruitYvegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) FruitYvegetable 1/4 c (2oz) FruitYvegetable 1/4 c (2oz)	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch         (Culture Food)         1% Milk         Green Peas         Diced Pears	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown Orange Wedges (C )	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WW Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C)
Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c FruitVegetable 1/4 c (2oz) Fruit 1/4 c (2oz)	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch (Culture Food)         1% Milk         Ground Beef Meatballs         Green Peas	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Ultra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C)	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 SPRING Break Si Wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerlos Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WW Tony's Smart Pizza Pepperoni Green Beans
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Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Milk 3/4 c Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Milk 3/4 c Milk 3/4 c Milk 3/4 c Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate	Breakfast         1% Milk         Orange Wedges (C )         Toasted English Muffin         Jelly         Lunch         1% Milk         Ground Beef Chili with Beans         (Tomatoes (A,C) and Beans in chili)         Diced Pears         Zesta WW Crackers         Shredded Sharp Cheese         *Serve as @ Chili         3/22         SPRING Break         Monday 3/29         Breakfast         1% Milk         Strawberry slices         WW Cream of Wheat         Lunch         (Culture Food)         1% Milk         Green Peas         Diced Pears	Breakfast 1% Milk Applesauce (C) WW French Toast Lunch 1% Milk CN Label Hormel Turkey & Cheese Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Pineapple Tidbits (C) Uitra WW Bun Ketchup, Mustard, Mayo *Serve as Hoagie 3/23 SPRING Break S Tuesday 3/30 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail	Breakfast 1% Milk Banana Kellogg Rice Krispies WW Cereal Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll 3/24 PRING Break Si wednesday 3/31 Breakfast 1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Baked Hashbrown Orange Wedges (C )	Breakfast 1% Milk Strawberry slices WW Cream of Wheat Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) Raw Broccoli (A,C) Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch 3/25 RING Break SP Thursday 4/1 Breakfast 1% Milk Blueberries WW Oatmeal Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit	Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Biscuit Lunch 1% Milk Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C) Green Beans Diced Pears (Pasta) 3/26 RING Break Friday 4/2 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WW Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C )

@= Recipe in recipe book WW=Whole Wheat or Whole Grain (I)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label Substitutions will be made in accordance with individually identified needs.