- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents
 may be required to provide appropriate food substitutes for their child

	Menu Item	1-2	3-5	6-12	March 1
		age	age	age	Friday
Breakfast	Milk	1/2	3/4	1	Milk
		cup	cup	cup	
	Fruit	1/4	1/2	1/2	Bananas
	Vegetable	cup	cup	cup	2 H1
	Grains	½ S	½ s or ½	ls or	Cornflakes Cereal
	(Oz eq)	or		1	Ceredi
		serv (1/2	serv (1/2	serv	
		OZ)	OZ)	(1 oz)	
		OZJ	02)	02)	
	Add. Food				
	option	1/	3/	1	
Lunch	Milk	1/2	3/4		Milk
	Vogetable	1/8	CUP	CUP	6
	Vegetable				Salad
		cup or 1	cup	cup	(Infants-
		OZ			carrots)
	Fruit	1/8	1/4	1/4	Orango
	Hon	cup	CUP	CUP	Orange
		or 1	СОР	СОР	Slices
		OZ			
	Meat/	1 oz	1 ½	2 oz	Diced Egg
	alternative	1 02	OZ	2 02	and
			02		Shredded
					Cheddar
					Cheese
	Grains (oz	½ S	½ S	1 s	Whole Grain
	eq)	or ½	or ½	or	Dinner Roll
		serv	serv	serv	
		(1/2	(1//2	(1	
		oz)	oz)	oz)	
	Add. Food				Low-Fat
	option				Ranch
					Dressing
Snack	Fluid	1/2	1/2	1	Milk
		cup	cup	cup	
	Fruit/	1/2	1/2	3/4	
	vegetable	cup	cup	cup	
	Grains (oz	½ S	½ S	1 s	Animal
	eq)	or ½	or ½	or	Crackers
		serv	serv	serv	
		(1/2	(1/2	(1	
		oz)	oz)	oz)	
	1	<u> </u>	L	<u> </u>	

	Menu Item	1-2	3-5	6-12	March 4	March 5	March 6	March 7	March 8
	Meno nem	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
biedkidsi	WIIK	CUP	CUP	cup	WIIK	MIIK	MIIK	MIIK	MIIK
	Fruit	1/4	1/2	1/2	Blueberries	Mandarin	Peaches	Orange	Mixed Fruit
	Vegetable	cup	cup	cup	Dioeberries	Oranges	reacties	Slices	Mixed Holl
	Grains	1/2	½ S	1s or	Whole Grain	Rice Chex	Life Cereal	Corn	Multi-
	(Oz eq)	serv	or ½	1	Waffle Sticks	Cereal	Life Celedi	Chex	Grain
	(0204)	(1/2	serv	serv	Walle Slicks	Cerear		Cereal	Cheerios
		oz)	(1/2	(1				Cereui	Cereal
		,	oz)	oz)					Ceredi
			-	-					
	Add. Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup		_			
	Vegetable	1/8	1/4	1/2	Lima Beans	Peas	Green	Diced	Cauliflower
		cup	cup	cup			Beans	Tomatoes	
	Fruit	1/8	1/4	1/4	Apple Slices	Pineapple	Mango	Pears	Bananas
		cup	cup	cup					_
	Meat/	1 oz	1 ½	2 oz	Turkey	Baked Fish	Baked BBQ	Grilled	Tuna
	alternative		OZ		Meatballs and	with Bread	Chicken	Cheese	Salad
					Turkey Gravy	Crumbs	Breast	(whole grain	(tuna, light
								bread,	mayo, dill)
								cheddar	
								cheese)	
	Grains (oz	½ S	½ S	1 s	Whole Grain	Whole Grain	Whole Wheat	Whole	Whole
	eq)	or ½	or ½	or	Slider Roll	Dinner Roll	Hamburger	Grain	Wheat
		serv	serv	serv			Bun	Bread	Tortilla
		(1/2	(1/2	(1					
	Add. Food	oz)	oz)	oz)	Cranne	Votobus			
	option				Gravy	Ketchup			
Snack	Fluid	1/2	1/2	1	Milk	Apple Juice	Water	Water	Water
Shack	11010	cup	cup	cup	Willix	Apple soice	Walci	Waler	Walci
	Fruit/	1/2	1/2	3/4				Apple	
	vegetable	cup	cup	cup				Slices	
	Grains (oz	½ S	½ S	1 s	Cinnamon	Pretzels	Flatbread	Wheat	Saltines
	eq)	or ½	or ½	or	Raisin Whole	(Infants &	and Red	Crackers	and
		serv	serv	serv	Grain Squares	Tods-	Pepper	2.45.610	Cheddar
		(1/2	(1/2	(1	Siani oquales	Saltines)	Hummus		Cheese
		oz)	oz)	oz)			(Red peppers,		Cubes
							garbanzo beans, tahini,		Copes
							olive oil, garlic,		
							lemon juice)		

	Menu	1-2	3-5	6-12	March 11	March 12	March 13	March 14	March 15
	Item	age	age	age			Wednesday		Friday
Dan alafarat		1/2	3/4	1	Monday	Tuesday	<u> </u>	Thursday	
Breakfast	Milk			l l	Milk	Milk	Milk	Milk	Milk
	Fruit	CUP	CUP	cup ½	AA al	Ammin Clinan	Blueberries	Danne	D
	Vegetable				Mandarin	Apple Slices	pidebellies	Pears	Bananas
	-	cup	cup	cup	Oranges				
	Grains	1/2	½ S	1s or	Cheerios	Whole Grain	Kix Cereal	Rice Krispies	Bran Flakes
	(Oz eq)	serv	or ½	1	Cereal	Pancakes			
		(1/2	serv	serv					
		oz)	(1/2 oz)	(1 oz)					
	Add. Food		02)	OZ)		Light Syrup			
	option					rigili syrup			
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
Lonch	Willix	cup	cup	cup	MIIK	MIIK	MIIK	MIIK	WIIK
	Vegetable	1/8	1/4	1/2	Corn	Diced	Broccoli	Beets	Carrot
	3	cup	cup	cup	Com	Carrots	Dioccon	Decis	Sticks
		0.010	0.010	0.010		Cuitois			(inf/tod-
									• -
	F :*4	1 /0	1/4	1/4	Peaches	D'a a sus a la	AA'		blanched)
	Fruit	1/8			reaches	Pineapple	Mixed Fruit	Mango	Apple
		cup	cup	cup					Slices
	Meat/	1 oz	1 ½	2 oz	Chicken	Egg Salad	Macaroni	Tuna Melt	Sliced
	alternative		OZ		Meatballs	(Diced Hard-	and	(Tuna,	Turkey
					with	boiled egg,	Cheese	Cheddar	
					Tomato	mustard, light	(Macaroni,	Cheese,	
					Sauce	mayo, dill) HM	Cheddar	English Muffin)	
	0	1/	1/	1	14/1 I		Cheese)		
	Grains (oz	½ s or ½	½ s or ½	1 s	Whole	Whole	Whole	English	Rye Bread
	eq)	serv	serv	or serv	Grain Slider	Wheat Pita	Grain	Muffin	
		(1/2	(1/2	(1	Roll		Macaroni		
		OZ)	Oz)	oz)					
	Add. Food	OL)	OZ)	OZ)					Mustard
	option								Mosiaia
Snack	Fluid	1/2	1/2	1	White	Milk	Orange	Water	Water
		cup	cup	сир	Grape		Juice		110.101
				·	Juice		30.00		
	Fruit/	1/2	1/2	3/4	70.00			Orange Slices	
	vegetable	cup	cup	cup					
	Grains (oz	½ S	½ S	1 s	Graham	Baked Soft	Whole	Townhouse	Triscuit
	eq)	or ½	or ½	or	Crackers	Pretzels	Grain Bean	Crackers	Crackers
		serv	serv	serv	(Infants-		and Veggie		and Sliced
		(1/2	(1/2	(1	Wheat		Crackers		Cheddar
		oz)	oz)	oz)					
				,	Crackers)	1			Cheese

	Menu	1-2	3-5	6-12	March 18	March 19	March 20	March	March
	Item	age	age	age	Monday	Tuesday	Wednesday	21	22
	lieili	1.91	J. G.	5.9.5	Monday	loesday	Wednesday	Thursday	Friday
								illorsady	Inday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	CLOSED	CLOSED
	Fruit	CUP	CUP ½	CUP ½	Peaches	Apple Slices	Strawberries		
	Vegetable	CUP	CUP	CUP	reaches	Apple slices	Sildwbellies		
	Grains	1/2	½ S	1s or	Corn Chex	Multi-grain	Cheerios		
	(oz eq)	serv	or ½	1	Cereal	Cheerios	Cereal		
	,	(1/2	serv	serv		Cereal			
		oz)	(1/2	(1					
	Add		oz)	oz)					
	Add. Food								
Lunch	option Milk	1/2	3/4	1	Milk	Milk	Milk		
LUTICIT	WIIK	CUP	CUP	cup	MILK	MILE	MIIK		
	Vegetable	1/8	1/4	1/2	Lettuce and	Mashed	Lima Beans		
		cup	cup	cup	Diced	Potatoes			
					Tomato				
	Fruit	1/8	1/4	1/4	Mandarin	Mixed Fruit	Pineapple		
		cup	cup	cup	Oranges				
	Meat/	1 oz	1 ½	2 oz	Ground	Beef Patty	Baked	CLOSED	CLOSE
	alternative		OZ		Turkey with		Salmon with		
					Taco		olive oil,		
					Seasoning		basil, lemon		
					and		juice		
					Shredded		Joice		
					Cheddar				
					Cheese				
	Grains	½ S	½ S	1 s	Corn Shell	Whole Grain	Whole Grain		
	(oz eq)	or ½	or ½	or	Taco	Hamburger	Dinner Roll		
		serv (1/2	serv (1/2	serv (1		Bun			
		OZ)	OZ)	oz)					
	Add.	,	,	,		Ketchup			
	Food								
	option								
Snack	Fluid	1/2	1/2	1	Milk	Water	Orange		
		cup	cup	cup			Juice		
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup				<u> </u>	
	Grains	½ S	½ S	1 s	Whole Grain	Wheat Thins	Cheez-it	CLOSED	CLOSE
	(oz eq)	or ½ serv	or ½ serv	or serv	Graham	and	Crackers		
		(1/2	(1/2	(1	Goldfish	Mozzarella			
		OZ)	OZ)	oz)		Cheese			
) Lj	<i>52</i> ₁	02,		Sticks			

	Menu	1-2	3-5	6-12	March 25	March 26	March 27	March 28	March 29
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1					
breakiasi	MIIK	CUP	CUP	cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Blueberries	Orange Slices	Peaches	Pineapple	Bananas
	Vegetable	CUP	CUP	cup	bioepeilles	Ordrige Slices	reacties	Tilleapple	ballallas
	Grains	1/2	-½ s	-1s	Rice Chex	Whole	Life Cereal	Kix Cereal	Whole
	(Oz eq)	serv	or ½	or 1	Cereal	Wheat	Life Celedi	KIX CEIEGI	Grain
	(02 04)	(1/2	serv	serv	Cerear				
		oz)	(1/2	-(1		Bagels			French
		,	oz)	oz)					Toast
			,	,					
	Add. Food					Cream			
	option					Cheese			
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup					
	Vegetable	1/8	1/4	1/2	Green	Corn	Carrot Sticks	Broccoli	Lettuce
		cup	cup	cup	Beans		(inf/tod-		and
							blanched)		Tomato
	Fruit	1/8	1/4	1/4	Mixed Fruit	Pears	Apple Slices	Strawberries	Mixed Frui
		cup	cup	cup			7.66.0		
	Meat/	1 oz	1 ½	2 oz	Tuna	Turkey	Soy Nut Butter	Turkey	Chicken
	alternative		OZ		Noodle	Meatballs	and	Sausage	Salad
					Casserole	with Turkey	Mozzarella	Melt	(diced
					(tuna,	Gravy	Cheese Stick	(turkey	chicken,
					whole	J. G. G. Y	Onecse onek	sausage,	dill, mayo)
					wheat			cheddar	
					penne,			cheese,	
					cream of			whole grain	
					mushroom)			English	
								muffin)	
	Grains (oz	½ S	½ S	1 s	Whole	Whole Grain	Whole Wheat	Whole	Whole
	eq)	or ½	or ½	or	Wheat	Dinner Roll	Bread	Grain	Wheat
		serv	serv	serv	Penne			English	Bread
		(1/2 oz)	(1/2)	(1 oz)				Muffin	
	Add. Food	02)		02)		Turkey			
	option					Gravy			
Snack	Fluid	1/2	1/2	1	Milk	White Grape	Water	Milk	Orange
JIIUCK	11014	cup	cup	cup	WIIK	Juice	Walei	WIIK	Juice
	Fruit/	1/2	1/2	3/4		Joice			Joice
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Whole	Animal	Whole Grain	Graham	Cheez-it
	(Oz eq)	or ½	or ½	or	Grain	Crackers	Bean and	Crackers	Crackers
		serv	serv	serv	Banana	3	Veggie	2.2	
		(1/2	(1/2	(1	Squares		Crackers and		
		oz)	oz)	oz)	Jquaies		Cheddar		
							Cheese Cubes		