

March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	~ Whole milk is served in compliance with CACFP guidelines for children 12 months- 24 months at all meals		1 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	2 WG Rice Crispy & 1% Milk WG Blueberry Muffin Apples	3 Kix & 1% Milk Yogurt Bananas
Lunch	~1% milk is served in compliance with CACFP guidelines for children aged 24 months-12 years of age at all meal		Tuna Salad on WG Roll Dice Sweet Potatoes Apple Slices 1% Milk	Green Eggs & Ham Sweet Potato Fries Pears WG Toast 1% Milk	Pizza w/WG Crust Fresh Carrots /Ranch Oranges 1% Milk
Snack			Yogurt & WG Graham cracker	Strawberry & Banana Skewers & 1% Milk	WG Chips & Salsa & 1% Milk
Breakfast	6 WG Cheerios & 1% Milk WG Toast & Apple Butter Apples OR Banana	7 Life & 1% Milk WG Apple Muffin Apples	8 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	9 WG Rice Crispy & 1% Milk WG Blueberry Muffin Apples OR Oranges	10 Kix & 1% Milk Yogurt Oranges
Lunch	General Tso Chicken w/ WG rice Broccoli Pineapple 1% Milk	Hamburger Goulash w/ WG noodles Mixed Vegetables Apple slices 1% Milk	Black bean, corn, salsa & cheese blend quesadilla on WG soft tortilla Mangos 1% Milk	Pork and gravy Mashed Potatoes Orange Slices WG Butter Bread 1% Milk	WG Mac & Cheese Peas Applesauce 1% Milk
Snack	Animal Crackers & 1% Milk	Celery w/ranch & 1% Milk	Graham crackers & 1% Milk	Apple Slices & SB & 1% Milk	Pretzels & 1% Milk
Breakfast	13 WG Cheerios & 1% Milk WG Toast & Apple Butter Apples	14 Life & 1% Milk WG Apple Muffin Apples OR Oranges	15 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	16 WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	17 Kix & 1% Milk Yogurt Apples
Lunch	Fish Sticks Beats Pear WG Dinner Roll 1% Milk	Spaghetti w/WG noodles and sauce Green beans Applesauce 1% Milk	Tomato Soup & Grilled Cheese Sandwich on WG Bread Pickle Chips Apple Slices 1% Milk	Ham & Pea pasta salad w/ WG noodles Orange slices 1% Milk	Pizza w/WG Crust Fresh Broccoli & Dressing Bananas 1% Milk
Snack	Cheese stick & Cracker & 1% Milk	WG Goldfish & 1% Milk	Yogurt w/ Blueberries & 1% Milk	½ SB & Jelly Sand on WG bread & 1% Milk	*WG Cereal & 1% Milk
Breakfast	20 WG Cheerios & 1% Milk WG Toast & Apple Butter Banana OR Apples	21 Life & 1% Milk WG Apple Muffin Oranges	22 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	23 WG Rice Crispy & 1% Milk WG Blueberry Muffin Apples	24 Kix & 1% Milk Yogurt Oranges
Lunch	Chicken Alfredo w/WG Noodles Peas Peaches 1% Milk	Meatloaf Green beans Applesauce WG Dinner Roll 1% Milk	SB Butter and Jelly Sand WG Bread Cucumber Coins Blueberries 1% Milk	Kielbasa, diced Potato w/peppers & onions Mixed Fruit WG Dinner Roll 1% Milk	Scrambled Eggs Tater Tots Orange Slices WG Toast 1% Milk
Snack	Pretzels & 1% Milk	Apple Slices & 1% Milk	Graham Crackers & 1% Milk	WG Goldfish & 1% Milk	Applesauce & 1% Milk
Breakfast	27 WG Cheerios & 1% Milk WG Toast & Apple Butter Oranges	28 Life & 1% Milk WG Apple Muffin Apples	29 Raisin Bran & 1% Milk Hard Boiled Eggs Apples OR Oranges	30 WG Rice Crispy & 1% Milk WG Blueberry Muffin Oranges	31 Kix & 1% Milk Yogurt Apples
Lunch	Chicken Parmesan patty w/sauce Mixed Veggies Pears WG Biscuit 1% Milk	Chili w/hamburger corn Mango Corn Muffin 1% Milk	Turkey & cheese sandwich on WG bread Broccoli & Cheese Soup Apple Slices 1% Milk	Pork BBQ Mash Potatoes Fruit Cocktail WG Roll 1% Milk	Pizza w/WG Crust Celery & Dressing Banana 1% Milk
Snack	Graham Cracker & 1% Milk	WG Animal Crackers & 1% Milk	WG tortilla chips & Salsa 1% Milk	Cucumber Slices & dip & 1% Milk	WG Oatmeal & Raisin Balls & 1% Milk

All **grain products** have been selected by the CACFP nutrition standards to meet the whole grain requirement. Key Abbreviations: SB – Sun Butter, WG – Whole Grain



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