

The Children's Center MARCH 2023 Menu

One and Older Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Breakfast: Chicken Sausage links , pineapple, Milk Lunch: Swai fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk Snack: Pears and Milk		Breakfast: French toast chef's choice fruit and Milk Lunch: Macaroni and cheese , ^green beans, yams* and Milk Snack: whole grain cheeze its, mandarin oranges and water
6	7	8	9	10
Breakfast: Cheese toast, applesauce, and Milk Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk Snack: Pears and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk Snack: Strawberry Yogurt Snack Mix and Milk	Breakfast: Cheerios, **chef's choice fruit**, and Milk Lunch: Taco Soup, pears , whole grain roll and Milk Snack: Kix and Milk	BOARD MEETING Breakfast: Grits, pears and Milk Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk Snack: Mandarin Oranges, whole grain cheez its and water	Breakfast: Pancakes, peaches, sugar free syrup, Milk Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk  Snack: Vanilla Yogurt, pears, water
13	14	15	16	17
EHS and HS Closed	Breakfast: Cheerios, Honey Dew Melon, Milk Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk Snack: Whole grain cheez its, sliced apples, water	Breakfast: Chicken Sausage Link, Peaches, Milk Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll Snack: Whole grain Tortilla with Cream Cheese, Milk	Breakfast: Breakfast Pizza, pears, Milk Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk Snack: Cantaloupe & Ritz Crackers and water	Breakfast: Kix, pineapple, Milk Lunch: Cheese omelet, hash browns, banana, whole wheat toast, Milk  Snack: Chips and Salsa, Milk
20	21	22	23	24
	Breakfast: Kix, pineapple, Milk Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk Snack: Tortilla Pizza, water	Breakfast: Chicken sausage links,**chef's choice fruit**, Milk Lunch: Chili, applesauce, whole grain roll and Milk Snack: Vanilla yogurt, peaches and water	Breakfast: Pancakes, applesauce, sugar free syrup, Milk Lunch: Grilled chicken patty on bun, corn, peas, Milk Snack: Apple Slices and saltines and water	Breakfast: Oatmeal, pineapple, Milk Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk Snack: Strawberry Yogurt Snack Mix and Milk
27	28	29	30	31
Breakfast pizza, mandarin oranges and Milk Lunch: Beef Meatballs in gravy, mashed potatoes, ^green beans, whole grain roll and Milk Snack: Ritz crackers, cheese and water	POLICY COUNCIL Breakfast: Waffles, pineapple, Milk Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk  Snack: Mandarin Oranges and Milk	Breakfast: Cheerios, peaches, Milk Lunch: Spaghetti w/meat sauce on whole grain noodles, **chef's choice veggie** Cantaloupe and Milk Snack: Warm wheat biscuit, *chef's choice fruit* & water	Breakfast: Oatmeal, pears, Milk Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk Snack: Tortilla with Cream Cheese, Milk	SHS - HS Early Dismissal Breakfast: Cream of Wheat, applesauce, Milk Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk Snack: Cheese sandwich, pineapple and water

* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All Milk is low fat - Individualized Menus will be sent separately.

"This institution is an equal opportunity provider and employer"

^Canned green beans

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

Sugar free syrup available for breakfast foods