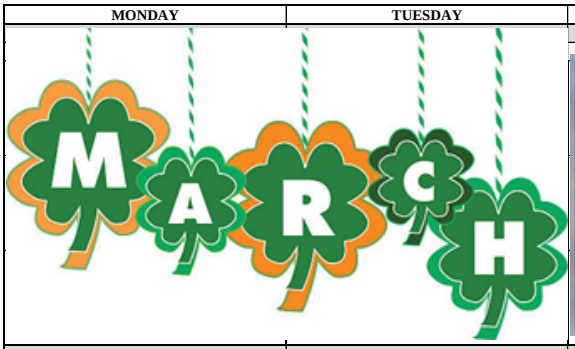
The Children's Center MARCH 2024 Menu

One and Older Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			March 2nd 	**1** 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
4 Breakfast: Cheese toast, applesauce, and Milk Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk Snack: Pears and Milk 	**5** Breakfast: Vanilla Yogurt, pineapple and Milk Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk Snack: Strawberry Yogurt Snack Mix and Milk	**6** Breakfast: Cheerios, **chef's choice fruit**, and Milk _____ Lunch: Taco Soup, pears , whole grain roll and Milk Snack: Kix and Milk	**7** Breakfast: Grits, pears and Milk Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk Snack: Mandarin Oranges, whole grain cheez its and water	**8** 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
11 Breakfast: Oatmeal, pears, Milk Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll _____ ,Milk Snack: Kix, mandarin oranges, and water	**12** Breakfast: Cheerios, Honey Dew Melon, Milk Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk Snack: Whole grain cheez its, sliced apples, water 	**13** 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	**14** **BOARD MEETING** Breakfast: Breakfast Pizza, pears, Milk Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk _____ Snack: Cantaloupe & Ritz Crackers and water	**15** Breakfast: Kix, pineapple, Milk Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk _____ Snack: Chips and Salsa, Milk
18 Breakfast: Hot Biscuit, peaches, Milk Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk_____ Snack: Whole grain cheez its and Milk	**19**  Breakfast: Kix, pineapple, Milk Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk Snack: Tortilla Pizza, water	**20** Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____ Lunch: Chili, applesauce, whole grain roll and Milk Snack: Vanilla yogurt, peaches and water	**21**  Breakfast: Pancakes, applesauce, sugar free syrup, Milk Lunch: Grilled chicken patty on bun, corn, peas, Milk Snack: Apple Slices and saltines and water	**22** Breakfast: Oatmeal, pineapple, Milk Lunch: Swai fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk Snack: Strawberry Yogurt Snack Mix and Milk
25 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	**26** **POLICY COUNCIL** Breakfast: Waffles, pineapple, Milk Lunch: Cheese Omelet, hash browns, pears, wheat biscuit and Milk  Snack: Mandarin Oranges and Milk	**27** 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_____	**28** Breakfast: Oatmeal, pears, Milk Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk Snack: Tortilla with Cream Cheese, Milk	**29** **EHS/HS Closed - Teacher Work Day** 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 that 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.

^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

"This institution is an equal opportunity provider and employer"