

The Children's Center MARCH 2025 Menu **One and Older Chef's Choice**

		One and Older Chef's Choice		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	HS Early Release		· ·	·
Breakfast: Cheese toast, applesauce and	Breakfast: Vanilla Yogurt, pineapple and	Breakfast: Cheerios, **chef's choice fruit**,	Breakfast: Grits, pears and Milk	Breakfast: Pancakes, peaches, sugar free
Milk Lunch: Turkey Sausage, wheat biscuit,	Milk	and Milk		syrup, Milk
mandarin oranges, peas and Milk				Lunch: Whole grain cheese pizza,
Snack: Pears and Milk	Lunch: Cheese Ravioli with Mozz Cheese,	Lunch: Taco Soup, pears, whole grain roll	Lunch: Chicken Nuggets *brussels sprouts,	lettuce and tomato* Happy National Cereal Day!
	peaches, broccoli* and Milk	and Milk	*Sweet Potato Nuggets, roll, Milk	salad, Mixed
Source'	peacies, oroccon and wink			Vegetable Blend*,
Dr. Seuss's				Milk
Birthdan 39 W	Charle Ctuaryhamy Vagyut Charle Miy and	Constant Wisser A Mills	Constant Mandagia Constant and the second state of	
	Snack: Strawberry Yogurt Snack Mix and	Snack: Kix and Milk	Snack: Mandarin Oranges, whole grain cheez	Snack: Vanilla
Read Across America Week	Milk		its and water	Yogurt, pears,
Celebration!				water
				TODAY
10	11	12	13	14
			BOARD MEETING	EHS/HS Closed - Teacher Work Day
Breakfast: Oatmeal, pears, Milk	Breakfast: Cheerios, Honey Dew Melon,	Breakfast: Chicken Sausage Link, Peaches,	Breakfast: Breakfast Pizza, pears, Milk	Breakfast: Kix, pineapple, Milk
71 /	Milk	Milk		/1 11 /
	IVIIIK	WIIIK		
Lunch: Three cheese potatoes, green	Lunch: Pulled Chicken BBQ whole grain roll,	Lunch: Fish Nuggets, broccoli*, Sweet	Lunch: Grilled Cheese sandwich served w/	Lunch: Cheese Burger on Whole Grain Bun,
beans,*chef's choice veggie* Whole Grain	corn, Spinach*, Milk	Potato Nuggets, Milk and Whole Grain Roll	tomato soup **chef's choice veggie**, Milk	Tater Tots, Chef's Choice Veggie, Milk
Roll,Milk				
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Snack: Kix, mandarin oranges, and water	Snack: Whole grain cheez its, sliced apples,	Snack: Whole grain Tortilla with Cream	Snack: Cantaloupe & Ritz Crackers and water	Snack: Chips and Salsa, Milk
	water	Cheese, Milk		
17	18	19	20	21
Breakfast: Hot Biscuit, peaches, Milk				at 4 Days
· •	Breakfast: Kix, pineapple, Milk	Breakfast: Chicken sausage links,**chef's	Breakfast: Pancakes, applesauce, sugar free	First Day of C
Lunch: Chicken and rice casserole,		choice fruit**, Milk	syrup, Milk	CORTAC
peas, **chef's choice fruit**, Whole		choice fruit , whik	syrup, wink	SI TOTTACE
grain roll, Milk				
Snack:	Lunch: Meatballs on whole grain roll,	Lunch: Chili, applesauce, whole grain roll	Lunch: Grilled chicken patty on bun, corn,	
Whole grain	1			
cheez its * HAPPY *	tropical fruit, ^green beans, Milk	and Milk	peas, Milk	Breakfast: Oatmeal, pineapple, Milk
and				
Milk Struck o				Lunch: Swai fillet w/lemon pepper,
DAY * *O	Snack: Tortilla Pizza, water	Snack: Vanilla yogurt, peaches and water	Snack: Apple Slices and saltines and water	yams*, Spinach*, whole grain roll, Milk
				Snack: Strawberry Yogurt Snack Mix
				and Milk
24	25	26	27	28
	POLICY COUNCIL			EHS/HS Closed - Teacher Work Day
Breakfast pizza, mandarin oranges and Milk	Breakfast: Waffles, pineapple, Milk	Breakfast: Cheerios, peaches, Milk	Breakfast: Oatmeal, pears, Milk	Breakfast: Cream of Wheat, applesauce,
				Milk
				TYTIK
Lunch: Beef Meatballs in gravy, mashed	Lunch: Cheese Omelet, hash browns, pears,	Lunch: Spaghetti w/meat sauce on whole	Lunch: Whole grain cheese pizza, lettuce	Lunch: Spring's chicken/broccoli* casserole
potatoes, 'green beans, whole grain roll and	-	grain noodles, **chef's choice veggie**	and tomato* salad, sweet potato nuggets, and	1 0
	wheat discuit and wink			peaches, ron, wink
Milk		Cantaloupe and Milk	Milk	
Snack: Ritz crackers, cheese and water	Snack: Mandarin Oranges and Milk	Snack: Warm wheat biscuit, *chef's choice	Snack: Tortilla with Cream Cheese, Milk	Snack: Cheese sandwich, pineapple and
		fruit* & water		water
21				
31	March 2nd			
D 10 . 0	March 2nd		E OFF	The second second
Breakfast: Oatmeal, pears, and Milk		March 9th	00	NATIONAL
		Mai Cit 7111		MILITRITION
			INTERNATIONAL	NUIKIIUN
Lunch: Turkey sub on whole grain bun, w/	06, 600 C	SAG FOA.	COOF OFF DAY	The same of the sa
lettuce and *tomato, tater tots w/ketchup and	Seuscie	011	GOOF OFF DAY	MONTH
Milk		S. S. S.	* SWITCH OFF *	- Secretary
	I STANGED	5	4/10/22	
Snack: Apple Slices and saltines and water			ARCH	
		×	***************************************	
\	Panders Novan Chalden's Books	Z * 0	AC 1 1	
* Foods High in Vitamin A		A. W.E	^Canned green beans	
Toddler foods must be diced in pieces no larg		NY TO	Cereal must have a least 3 grams of fiber	
Infant foods must be diced in pieces no larger	than 1/4 inch	Saving '	Bread Must have at least 5 grams of fiber	A CONTRACTOR OF THE PARTY OF TH
Acceptable condiments with meals: ketchup,		-OAH.A	Pastas must be whole grain	DHA
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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"

Bread Must have at least 5 grams of fiber Pastas must be whole grain Sugar free syrup available for breakfast foods