



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Breakfast: Cheese toast, applesauce and Milk Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk Snack: Pears and Milk	HS Early Release 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	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
10	11	12	13	14
Breakfast: Oatmeal, pears, Milk Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll _____,Milk Snack: Kix, mandarin oranges, and water	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	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	EHS/HS Closed - Teacher Work Day Breakfast: Kix, pineapple, Milk Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk Snack: Chips and Salsa, Milk
17	18	19	20	21
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	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
24	25	26	27	28
	POLICY COUNCIL			EHS/HS Closed - Teacher Work Day
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	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	Breakfast: Cream of Wheat, applesauce, Milk Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk Snack: Cheese sandwich, pineapple and water
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Breakfast: Oatmeal, pears, and Milk Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk Snack: Apple Slices and saltines 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