

MARCH 2010

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 cinnamon toast crunch
apples & milk

dino chicken nuggets
green beans & potatoes
pears
whole grain bread & milk

ritz bits w/ cheese & juice

2 corn muffin
pineapple tidbits & milk

chicken teriyaki
broccoli & pears
whole wheat bread stick & milk

goldfish pretzels & bananas

3 whole grain toast w/ jelly
tropical fruit mix & milk

cheese pizza
garden salad
mandarin oranges & milk

strawberry chex snack & juice

4 blueberry bagel w/ cream cheese
pineapple tidbits & milk

turkey & cheese on wheat pita
carrot sticks
tater tots & milk

graham crackers & yogurt

5 -whole grain pancakes
apples & milk

chicken & dumplings
mixed veggies
tropical fruit mix & milk

fig newtons & juice

8 golden grahams cereal
peaches & milk

grilled chicken on
whole grain bun
carrots
pears & milk

bug bite grahams & juice

9 blueberry nutigrain bar
mandarin oranges & milk

ham & cheese sandwich
tater tots
fruit cocktail & milk

cheese its & juice

10 cheerios
bananas & milk

cheese pizza
garden salad
pineapples
milk

graham crackers & orange mango
applesauce

11 whole wheat bagel
w/ cream cheese, raisins
& milk

bbq chicken sandwich on whole
grain bun
fresh apple slices
corn & milk

pretzel s & cheese cubes

12 cinnamon biscuit
applesauce & milk

cheese burger on whole grain bun
green peas
peaches & milk

ritz crackers & strawberry apple
sauce

15 strawberry nutigrain bar
tropical fruit mix & milk

chicken sticks
green beans
peaches
whole grain bread & milk

strawberry dino grahams &
juice

16 rice krispies
bananas & milk

macaroni & cheese w ham
green peas
apples & milk

rice cakes & juice

17 apple cinnamon muffins
peaches & milk

chicken quesadilla pizza
garden salad
fresh oranges
milk

strawberry dino grahams & yogurt

18 crispix cereal
cinnamon applesauce & milk

beef teriyaki
pineapple tidbits
cheesy broccoli
wheat bread stick & milk

animal crackers & juice

19 wheat english muffins
fruit cocktail & milk

turkey hot dog on whole grain bun
tater tots
fresh sliced apples
milk

saltine crackers & veggie sticks

22 life cereal
tropical fruit mix & milk

fun fish nuggets
mashed potatoes
corn
whole grain bread & milk

goldfish crackers & juice

23 french toast sticks
apple sauce & milk

bbq meatballs
bananas
tater tots
corn bread & milk

rice krispy treat & juice

24 blueberry muffin
pears & milk

cheese pizza
garden salad
fresh apple slices & milk

ritz crackers & cheese

25 special k cereal
peaches & milk

ham roll up on
whole wheat tortilla
string cheese
apples
celery sticks & milk

chocolate chip cookies & juice

26 waffles
strawberries & milk

bbq beef sandwich on whole
grain bun
carrots
pineapple tidbits & milk

cheddar guppy crackers &
juice

29 cinnamon toast crunch
pears & milk

chicken rings
cheesy broccoli
fruit cocktail
whole wheat bread stick & milk

animal crackers & juice

33 raspberry nutigrain bar
peaches & milk

chicken sandwich on whole grain
bun
peas & carrots
pineapple tidbits & milk

vanilla wafers & banana

31 whole wheat bagel w/ cream
cheese
tropical fruit mix & milk

cheese pizza
garden salad
mandarin oranges & milk

fresh pears & saltine crackers

