



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Age-appropriate milk must be served with lunch</i>	1 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	2 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	3 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	4 (V) Lasagna Tossed salad Fresh fruit
7 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	8 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	9 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	10 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	11 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
14 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	15 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	16 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	17 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	18 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
21 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	22 (V) Whole grain pizza* Garden salad Fresh fruit	23 Chicken patty Tuscan bean and garlic soup (V) Veggie nuggets Whole wheat bread/butter* Fresh fruit	24 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	25 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
28 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	29 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	30 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	31 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan

Breakfast/AM Snack/PM Snack, March 2022

	3/1/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk	3/2/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk	3/3/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	3/4/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk
3/7/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water	3/8/22 English Muffins w/Jelly Apple Slices and milk Applesauce w/Saltine Crackers Water Goldfish Crackers w/Fresh Fruit Milk	3/9/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water	3/10/22 Croissant Apple Slices and milk Saltine Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	3/11/22 Cereal Orange Slices and milk Yogurt w/Graham Crackers Water Goldfish Crackers w/Fresh Fruit Milk
3/14/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Applesauce w/Saltine Crackers Water	3/15/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk	3/16/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk	3/17/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	3/18/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk
3/21/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water	3/22/22 English Muffins w/Jelly Apple Slices and milk Applesauce w/Saltine Crackers Water Goldfish Crackers w/Fresh Fruit Milk	3/23/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water	3/24/22 Croissant Apple Slices and milk Saltine Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	3/25/22 Cereal Orange Slices and milk Yogurt w/Graham Crackers Water Goldfish Crackers w/Fresh Fruit Milk
3/28/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Applesauce w/Saltine Crackers Water	3/29/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk	3/30/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk	3/31/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	

This institution is an equal opportunity provider.

Milk must be served with breakfast & some snacks:

***Whole Milk for children under the age of 2, 1% Milk for children over the age of 2**

Cereals may include: Cheerios, Chex Mix, or Rice Krispies

Fresh fruits may include: apples, oranges or pears. Fresh fruits are served as they are in season and as they become available on the produce market.



Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider			1 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
4 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	5 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	6 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	7 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	8 (V) Lasagna Tossed salad Fresh fruit
11 CLOSED FOR MOVE TO NEW BUILDING	12 CLOSED FOR MOVE TO NEW BUILDING	13 CLOSED FOR MOVE TO NEW BUILDING	14 CLOSED FOR MOVE TO NEW BUILDING	15 CLOSED FOR MOVE TO NEW BUILDING
18 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	19 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit	20 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	21 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	22 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
25 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	26 (V) Whole grain pizza* Garden salad Fresh fruit	27 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	28 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	29 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit

(V) Vegetarian meal
 #Gluten free

*Whole grain
 ^Vegan

Breakfast/AM Snack/PM Snack, April 2022

				4/1/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk
4/4/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water	4/5/22 English Muffins w/Jelly Apple Slices and milk Applesauce w/Saltine Crackers Water Goldfish Crackers w/Fresh Fruit Milk	4/6/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water	4/7/22 Croissant Apple Slices and milk Saltine Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	4/8/22 Cereal Orange Slices and milk Yogurt w/Graham Crackers Water Goldfish Crackers w/Fresh Fruit Milk
CLOSED FOR MOVE TO NEW BUILDING	CLOSED FOR MOVE TO NEW BUILDING	CLOSED FOR MOVE TO NEW BUILDING	CLOSED FOR MOVE TO NEW BUILDING	CLOSED FOR MOVE TO NEW BUILDING
4/18/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Yogurt w/Saltine Crackers Water	4/19/22 English Muffins w/Jelly Apple Slices and milk Applesauce w/Saltine Crackers Water Goldfish Crackers w/Fresh Fruit Milk	4/20/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Milk Saltine Crackers with Sliced Cheese Water	4/21/22 Croissant Apple Slices and milk Saltine Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	4/22/22 Cereal Orange Slices and milk Yogurt w/Graham Crackers Water Goldfish Crackers w/Fresh Fruit Milk
4/25/22 Cereal Orange Slices and milk Graham Crackers w/Fresh Fruit Milk Applesauce w/Saltine Crackers Water	4/26/22 English Muffins w/Jelly Apple Slices and milk Saltine Crackers with Sliced Cheese Water Goldfish Crackers w/Fresh Fruit Milk	4/27/22 Cereal Pear Slices and milk Graham Crackers w/Fresh Fruit Water Saltine Crackers w/Fresh Fruit Milk	4/28/22 Croissant Apple Slices and milk Goldfish Crackers w/Fresh Fruit Milk Soft Pretzel w/Fresh Fruit Water	4/29/22 Cereal Orange Slices and milk Yogurt w/Saltine Crackers Water Saltine Crackers w/Fresh Fruit Milk

This institution is an equal opportunity provider.

Milk must be served with breakfast & some snacks:

***Whole Milk for children under the age of 2, 1% Milk for children over the age of 2**

Cereals may include: Cheerios, Chex Mix, or Rice Krispies

Fresh fruits may include: apples, oranges or pears. Fresh fruits are served as they are in season and as they become available on the produce market.