

# MARCH 2022 CHILD CARE HOT LUNCH MENU

**Remember that at least one vegetable component MUST be served at every Lunch!**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| 2/28/2022<br>827 HAMBURGER PATTY<br>867 GARDEN PEAS<br>866 ROASTED SWEET POTATOES<br>904 1/2 SLICE WHEAT BREAD+++<br><i>or</i><br>914 WHEAT HAMBURGER BUN<br>100 WHITE MILK                         | 3/1/2022<br>255 CHEESE STUFFED BREADSTICKS (individual package)<br>622 RED GOLD MARINARA SAUCE CUP<br>817 BROCCOLI<br>100 WHITE MILK  | 3/2/2022<br>872 WG BREADED CHICKEN PATTY (2 serv/cont)<br>865 CHEESY CAULIFLOWER<br>670 FRESH FRUIT<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK<br><br><b>Ash Wednesday</b> | 3/3/2022<br>841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont)<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>822 SPINACH<br>697 BAGGED APPLE SLICES<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK  | 3/4/2022<br>847 CHEESY CHICKEN, POTATO & BROCCOLI BAKE (2 serv/cont)<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>812 CORN<br>684 MIXED BERRY APPLESAUCE CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK |
| 3/7/2022<br>839 WG MACARONI & CHEESE<br>815 MIXED VEGETABLES<br>670 FRESH FRUIT<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK   | 3/8/2022<br>843 WG BREADED BAKED CHICKEN NUGGETS<br>864 DICED CARROTS<br><i>or</i><br>611 BABY CARROTS PACK<br>861 AU GRATIN POTATOES<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK                           | 3/9/2022<br>831 WG ROTINI BAKE W/MEAT CRUMBLES & CHEESE (2 serv/cont)<br>825 GREEN BEANS<br>683 UNSWEETENED APPLESAUCE CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK      | 3/10/2022<br>264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package)<br><i>or</i><br>263 5" ROUND WG CHEESE PIZZA (individual package)<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>869 POTATO ROUNDS<br>697 BAGGED APPLE SLICES<br>100 WHITE MILK | 3/11/2022<br>849 SWEDISH MEATBALLS<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>817 BROCCOLI<br>812 CORN<br>904 1/2 SLICE WHEAT BREAD+++<br><i>or</i><br>832 SPIRAL NOODLES<br>100 WHITE MILK                  |
| 3/14/2022<br>834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont)<br>867 GARDEN PEAS<br>684 MIXED BERRY APPLESAUCE CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK                              | 3/15/2022<br>835 FISH STICKS (2 serv/cont)<br>859 CORN & CARROTS<br>670 FRESH FRUIT<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK   | 3/16/2022<br>206 VEGGIE BURGER W/POTATO WEDGES (individual package)<br>825 GREEN BEANS<br>904 1/2 SLICE WHEAT BREAD+++<br><i>or</i><br>914 WHEAT HAMBURGER BUN<br>100 WHITE MILK  | 3/17/2022<br>828 MEATLOAF WITH GRAVY (2 serv/cont)<br>809 MASHED POTATOES<br>506 CHOPPED ROMAINE SALAD<br>809 <i>or</i><br>815 MIXED VEGETABLES<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK<br><br><b>Saint Patrick's Day</b>                  | 3/18/2022<br>856 CHICKEN PARMESAN (2 serv/cont)<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>822 SPINACH<br>697 BAGGED APPLE SLICES<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK                          |
| 3/21/2022<br>857 SLOPPY JOE<br>864 DICED CARROTS<br><i>or</i><br>611 BABY CARROTS PACK<br>825 GREEN BEANS<br>904 1/2 SLICE WHEAT BREAD+++<br><i>or</i><br>914 WHEAT HAMBURGER BUN<br>100 WHITE MILK | 3/22/2022<br>264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package)<br><i>or</i><br>263 5" ROUND WG CHEESE PIZZA (individual package)<br>869 POTATO ROUNDS<br>683 UNSWEETENED APPLESAUCE CUP<br>100 WHITE MILK | 3/23/2022<br>830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont)<br>822 SPINACH<br>670 FRESH FRUIT<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK                                    | 3/24/2022<br>843 WG BREADED BAKED CHICKEN NUGGETS<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>815 MIXED VEGETABLES<br>854 SCALLOPED POTATOES<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK  | 3/25/2022<br>839 WG MACARONI & CHEESE<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>817 BROCCOLI<br>697 BAGGED APPLE SLICES<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK                                   |
| 3/28/2022<br>835 FISH STICKS (2 serv/cont)<br>865 CHEESY CAULIFLOWER<br>864 DICED CARROTS<br><i>or</i><br>611 BABY CARROTS PACK<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK                   | 3/29/2022<br>827 HAMBURGER PATTY<br>815 MIXED VEGETABLES<br>670 FRESH FRUIT<br>904 1/2 SLICE WHEAT BREAD+++<br><i>or</i><br>914 WHEAT HAMBURGER BUN<br>100 WHITE MILK   | 3/30/2022<br>255 CHEESE STUFFED BREADSTICKS (individual package)<br>622 RED GOLD MARINARA SAUCE CUP<br>817 BROCCOLI<br>100 WHITE MILK   | 3/31/2022<br>872 WG BREADED CHICKEN PATTY (2 serv/cont)<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>822 SPINACH<br>684 MIXED BERRY APPLESAUCE CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK   | 4/1/2022<br>841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont)<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>825 GREEN BEANS<br>697 BAGGED APPLE SLICES<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK              |

**MENU SUBJECT TO CHANGE**

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

WG = WHOLE GRAIN-RICH

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER: Water must be OFFERED every day!

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