

MARCH 2023 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/6/2023 284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	3/7/2023 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	3/8/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	3/9/2023 285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD or 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD +++ 100 WHITE MILK	3/10/2023 264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK
3/13/2023 283 WG CHICKEN TENDERS WITH CORN 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	3/14/2023 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	3/15/2023 295 MEATLOAF & GRAVY WITH MASHED POTATOES 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	3/16/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	3/17/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 100 WHITE MILK
3/20/2023 280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	3/21/2023 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	3/22/2023 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	3/23/2023 291 GRILLED CHICKEN STRIPS WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 100 WHITE MILK	3/24/2023 264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
3/27/2023 284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	3/28/2023 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	3/29/2023 288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	3/30/2023 296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD or 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	3/31/2023 225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 670 FRESH FRUIT 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.

CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

REMINDER: Water must be OFFERED every day!

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***** UPDATED *****