EC Menus March 2018

Red-Fresh Fruit Blue-Fresh Vegetables Purple-Breakfast Meat/Meat Alternate Milk is served with breakfast and with snack. Green-Snack Meat/Meat Alternate Brown-Whole Grain Food



Tuesday Monday Wednesday **Thursday Friday Wk 2** 3/1 Purim 3/2 Whole Wheat English **Blueberry Bagel** Muffin Half Applesauce **Diced Peaches** Homemade Chicken Homemade BBQ Fajitas Meatloaf Mexican Rice **Oven Brown Potatoes** Sweet Corn Mandarin Oranges Challah Pineapple Tidbits **Tropical Fruit** Hamentashen 3/9 3/5 Wk 3 3/6 3/7 3/8 Unsweetened Cereal Whole Grain Bagel/Cream Unsweetened Cereal Whole Grain Pancake Whole Wheat Toast/Sun Fresh Banana **Diced Peaches** Cheese **Cinnamon Applesauce Butter Tropical Fruit Pineapple Tidbits** Vegetable Orzo Soup Taco Seasoned Beef Pizza Bagel Teriyaki Chicken Turkey/Gravy Lettuce/Diced Tomatoes Caesar Salad Lo Mein Tuna Salad Mashed Potatoes Salsa Mixed Fruit Cucumber Slices w/Asian **Diced Peaches** Whole Wheat Roll Flour Tortilla Dip Challah Fresh Red Grapes Fresh Apple Wedges **Fresh Oranges Slices** Despicable Me Grahams **Carrot Fries/Russian** Soft Pretzel Bites/Ranch Fresh Red Grapes Oat Granola Dressing Dip

EC Menus March 2018

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Brown-Whole Grain Food



Purple-Breakfast Meat/Meat Alternate Milk is served with breakfast and with snack.

Monday	Tuesday	Wednesday	Thursday	Friday
3/12 Wk 5	3/13	3/14	3/15	3/16
Unsweetened Cereal	Whole Wheat English	Unsweetened Cereal	Blueberry Bagel Half	Whole Wheat Bread(1)
Strawberries	Muffin Half	Fresh Banana	Applesauce	Hard Boiled Egg (1)
	Apricots			Pineapple Tidbits
Mac and Cheese	Chili	Cheese Quesadilla/Salsa	Deli Turkey	Homemade Breaded
Roasted Whole Green	French Fries	Corn on the Cob	Red Pepper Hummus	Chicken Strips
Beans	Applesauce	Honeydew	Whole Wheat Bread	Honey Mustard
Tropical Fruit	Cornbread		Fresh Orange Wedges	Seasoned Baby Carrots
				Fresh Red Grapes
				Challah
Scooby Grahams	Diced Peaches	Cereal Snack Mix	Cheese Squares	Fresh Apple Wedges
			Saltine Crackers	
3/19 Wk 1	3/20	3/21	3/22	3/23
Oatmeal	Whole Grain Biscuit	Unsweetened Cereal	French Toast	Whole Grain
Diced Peaches	Mixed Fruit	Fresh Banana	Strawberries	Bagel/Cream Cheese
				Fresh Orange Wedges
Tomato Rice Soup	Pasta Shells & Meat Sauce	Cheesy Scrambled Eggs	Turkey/Gravy	Honey Glazed Chicken
Toasted Cheese Dippers	Broccoli w/Ranch	Hash Brown Potatoes	Mashed Potatoes	Drums
Fresh Apple	Diced Pears	Fresh Red Grapes	Green Beans	Roasted Zucchini Slices
		Whole Grain Biscuit	Whl Wht Dinner Roll	Tropical Fruit
				Challah
Animal Crackers	Carrot Fries w/Taco Dip	Soft Pretzel Bites/	Fresh Pear	Oat Granola
		Honey Mustard Dip		

EC Menus March 2018

Red-Fresh FruitBlue-Fresh VegetablesGreen-Snack Meat/Meat AlternatePurple-Breakfast Meat/Meat AlternateBrown-Whole Grain Food



Milk is served with breakfast and with snack.

3/26 Wk 2	3/27	3/28 Kasher	3/29 Mock Seder	3/30 Passover
Unsweetened Cereal Pineapple Tidbits	Whl Wht Toast/Sun Butter Mixed Fruit	Unsweetened Cereal Fresh Banana	Blueberry Bagel Applesauce	Matza/Cream Cheese Fresh Orange Wedges
Cheese Pizza Green Salad w/Ranch Diced Peaches	Hamburger on Slider Bun French Fries Carrot Pineapple Slaw	Tuna Tortillas Cucumber Slices/Russian Dressing Fresh Oranges Wedges	Matza Pizza Green Salad/Ranch Dressing Pineapple Tidbits	Homemade BBQ Meatloaf Oven Brown Potatoes Honeydew Matza
Fresh Red Grapes	Applesauce/Graham Cracker	Sun Butter/Saltine Crackers	Fresh Pear	Tropical Fruit

Early Childhood Special Menus March 2018



Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No-Fish

Milk is served with breakfast and snack

Monday	Tuesday	Wednesday	Thursday	Friday
Wk 2			3/1 Purim	3/2
			Blueberry Bagel	Whole Wheat English
			Applesauce	Muffin Half
				Diced Peaches
			Homemade Chicken	Homemade BBQ
			Fajitas	Meatloaf
			Fajita Seasoned Tofu	Homemade BBQ Veggie
			Strips	Burger
			Mexican Rice	Homemade BBQ Veggie
			Sweet Corn	Burger
			Pineapple Tidbits	Oven Brown Potatoes
				Mandarin Oranges
				Challah
			Hamentashen	Tropical Fruit
3/5 Wk 3	3/6	3/7	3/8	3/9
Unsweetened Cereal	Whole Grain Bagel/Cream	Unsweetened Cereal	Whole Grain Pancake	Whole Wheat Toast/Sun
Diced Peaches	Cheese	Fresh Banana	Cinnamon Applesauce	Butter
	Tropical Fruit			Pineapple Tidbits
Vegetable Orzo Soup	Taco Seasoned Beef	Pizza Bagel	Teriyaki Chicken	Turkey/Gravy
Tuna Salad	Taco Seasoned Tofu	Bagel w/Sun Butter	Teriyaki Tofu Slices	Veggie Burger
Egg Salad	Crumbles	Caesar Salad	Lo Mein	Mashed Potatoes
Whole Wheat Roll	Taco Seasoned Tofu	Mixed Fruit	Cucumber Slices w/Asian	Diced Peaches
Fresh Red Grapes	Crumbles		Dip	Challah
	Lettuce/Diced Tomatoes		Fresh Oranges Slices	
	Flour Tortilla			
	Fresh Apple Wedges			
Oat Granola	Despicable Me Grahams	Carrot Fries/Russian	Soft Pretzel Bites/Ranch	Fresh Red Grapes
		Dressing	Dip	

Early Childhood Special Menus March 2018



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Milk is served with breakfast and snack

Monday	Tuesday	Wednesday	Thursday	Friday
3/12 Wk 5	3/13	3/14	3/15	3/16
Unsweetened Cereal Strawberries	Whole Wheat English Muffin Half Apricots	Unsweetened Cereal Fresh Banana	Blueberry Bagel Half Applesauce	Whole Wheat Bread(1) Hard Boiled Egg (1) Pineapple Tidbits
Mac and Cheese Veggie Burger Seasoned Macaroni Roasted Whole Green Beans Tropical Fruit	Chili W/Tofu Crumbles Chili W/Tofu Crumbles French Fries Applesauce Cornbread	Cheese Quesadilla/Salsa Tuna Tortilla Corn on the Cob Honeydew	Deli Turkey "Deli" Tofu Slices Red Pepper Hummus Whole Wheat Bread Fresh Orange Wedges	 Homemade Breaded Chicken Strips Homemade Breaded Tofu Slices Honey Mustard Seasoned Baby Carrots Fresh Red Grapes Challah
Scooby Grahams	Diced Peaches	Cereal Snack Mix	Cheese Squares Sun Butter Saltine Crackers	Fresh Apple Wedges
3/19 Wk 1	3/20	3/21	3/22	3/23
Oatmeal Diced Peaches	Whole Grain Biscuit Mixed Fruit	Unsweetened Cereal Fresh Banana	French Toast Strawberries	Whole Grain Bagel/Cream Cheese Fresh Orange Wedges
Tomato Rice Soup Toasted Cheese Dippers Sun Butter on Whl Wht Bread Fresh Apple	Pasta Shells & Meat Sauce Pasta Shells & Tofu Crumbles Sauce Pasta Shells & Tofu Crumbles Sauce Broccoli w/Ranch Diced Pears	Cheesy Scrambled Eggs Scrambled Eggs (no cheese) Cheese Slices Hash Brown Potatoes Fresh Red Grapes Whole Grain Biscuit	Turkey/Gravy Homemade Veggie Burger Mashed Potatoes Green Beans Whl Wht Dinner Roll	Honey Glazed Chicken Drums Honey Glazed Tofu Strips Roasted Zucchini Slices Tropical Fruit Challah
Animal Crackers	Carrot Fries w/Taco Dip	Soft Pretzel Bites/ Honey Mustard Dip	Fresh Pear	Oat Granola

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Red-Vegetarian Green-No red meat Blue-No Dairy No-Turkey Purple-No Eggs No-Fish

Milk is served with breakfast and snack

3/26 Wk 2	3/27	3/28 Kasher	3/29 Mock Seder	3/30 Passover
Unsweetened Cereal	Whl Wht Toast/Sun Butter	Unsweetened Cereal	Blueberry Bagel	Matza/Cream Cheese
Pineapple Tidbits	Mixed Fruit	Fresh Banana	Applesauce	Fresh Orange Wedges
Cheese Pizza Homemade Veggie Burger Pizza (no cheese) Green Salad w/Ranch Diced Peaches	Hamburger on Slider Bun Homemade Veggie Burger on Slider Bun Homemade Veggie Burger on Slider Bun French Fries Carrot Pineapple Slaw	Tuna Tortillas Sun Butter Tortilla Egg Salad Tortilla Cucumber Slices/Russian Dressing Fresh Oranges Wedges	Matza Pizza Egg Salad & Matza Green Salad/Ranch Dressing Pineapple Tidbits	Homemade BBQ Meatloaf Oven Brown Potatoes Honeydew Matza
Fresh Red Grapes	Applesauce/Graham Cracker	Sun Butter/Saltine Crackers	Fresh Pear	Tropical Fruit