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 | | |
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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 | |
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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 |
|--|--|---|---|--|
| 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 |

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

| 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 |