

EC Menus March 2017

Red-Fresh Fruit Blue-Fresh Vegetables Green-Snack Meat/Meat Alternate Purple-Breakfast Meat/Meat Alternate

Milk is served with breakfast and with snack.

Monday		Tuesday	Wednesday	Thursday	Friday
2/27	Wk 1	2/28	3/1	3/2	3/3
			Unsweetened Cereal Banana Half	Mini Bagel/ Sun Butter Mandarin Oranges	French Toast Sticks Applesauce
			White Bean Soup Cheesy Muffin Half Mixed Fruit	Homemade Turkey Burger/Whole Wheat Roll Sweet Corn Fresh Apple Wedges	Chicken Drumstick Seasoned Potato Wedges Apricot Halves Challah
			Pretzels	Cantaloupe Cubes	Whole Wheat Bagel Half/ Cream Cheese
3/6	Wk 2	3/7	3/8	3/9	3/10
Unsweetened Cereal Diced Peaches	Whole Wheat English Muffin Half Mixed Fruit	Unsweetened Cereal Banana Half	Whole Grain Bagel Half/ Cream Cheese Strawberry Cup	Pancake Hardboiled Egg Half CranApplesauce	
Pizza Bagel Broccoli/Creamy Italian Dip Fresh Apple Wedges	Pasta Shells and Red Meat Sauce Salad Greens w/Mandarin Oranges/ Sweet Italian Dressing Fresh Red Grapes	Cheese Quesadilla Fiesta Corn Honeydew Cubes	Deli Turkey on Whole Wheat Bread Roasted Carrot Sticks Pineapple Tidbits/ Bananas /Craisins	Homemade Meatloaf Mashed Potatoes/Gravy Diced Peaches Challah	
Hummus/Whole Wheat Crackers	Fresh Pear	Soft Pretzels Bites/Honey Mustard	String Cheese	Banana	

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Monday 3/13	Tuesday 3/14	Wednesday 3/15	Thursday 3/16	Friday 3/17
Unsweetened Cereal Diced Pears	Biscuit (1)/Margarine Fresh Red Grapes	Oatmeal w/Apple Slices	Whole Wheat Toast Scrambled Eggs/Red Pepper Apricot Halves	Whole Grain Waffle/Strawberry Topping
Tomato Rotini Soup Toasted Cheese Dippers Fresh Apple Wedges	<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Mandarin Oranges	Baked Tilapia Rainbow Rice *carrots, red pepper, spinach Whole Green Beans Diced Peaches	Homemade Turkey Meatballs Seasoned Pasta Bowties Sweet Peas Pineapple Tidbits	Chicken Drumstick Corn on the Cob Honeydew & Kiwi Challah
Cereal Snack Mix	Homemade Carrot Oatmeal Cookie	Banana	Fresh Orange Wedges	Cheese Sandwich Half
3/20	3/21	3/22	3/23	3/24
Unsweetened Cereal Diced Peaches	Whole Wheat Toast (1) Sun Butter Applesauce	Unsweetened Cereal Banana Half	Whole Grain Pancake w/Peach Topping	Whole Grain Bagel Half/ Cream Cheese Tropical Fruit
Pizza Bagel Cucumber Slices/Creamy Italian Dip Pineapple Tidbits	Chicken Pot Pie Puff Pastry Square Sweet Corn Honeydew Cubes	Tomato Basil Soup Cheese Cubes Pretzel Bread Sticks Fresh Apple Wedges	Hamburger/Bun French Fries Mixed Fruit	Homemade Chicken Nuggets/Honey Mustard Mashed Sweet Potatoes Apples and Raisins Challah
Vanilla Yogurt/Strawberries	Cheese Crackers	Carrot Fries w/Russian Dressing	Cantaloupe/Kiwi	Mandarin Oranges/Pineapple Tidbits

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3/27	3/28	3/29	3/30	3/31
Unsweetened Cereal Mixed Fruit	Whole Wheat English Muffin Half Apricot Half	Oatmeal Banana Half	Whole Grain Waffle Strawberry Topping	Whole Wheat Bread(1) Margarine Hard Boiled Egg Diced Peaches
Mac and Cheese Roasted Green Beans Fresh Red Grapes	<u>Taco Tuesday</u> Seasoned Taco Meat Shredded Lettuce Diced Tomatoes/Salsa Flour Tortilla Pineapple Tidbits	Hot Cheese Slider Roasted Veggies Mandarin Oranges	Spaghetti and Meatballs Green Salad/Italian Dressing Fresh Pear	Orange Drumsticks Orzo Pilaf Pineapple Tidbits Banana Half Challah
Fresh Apple Slices/Sun Butter	Cereal Snack Mix	Peach Crisp	Soft Pretzel Bites/Honey Mustard	Cottage Cheese/Mixed Fruit