

EC Menus March 2018

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



Milk is served with breakfast and with snack.

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

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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 Roasted Whole Green Beans Tropical Fruit		Chili French Fries Applesauce Cornbread	Cheese Quesadilla/Salsa Corn on the Cob Honeydew	Deli Turkey Red Pepper Hummus Whole Wheat Bread Fresh Orange Wedges	Homemade Breaded Chicken Strips Honey Mustard Seasoned Baby Carrots Fresh Red Grapes Challah
Scooby Grahams		Diced Peaches	Cereal Snack Mix	Cheese Squares 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 Fresh Apple		Pasta Shells & Meat Sauce Broccoli w/Ranch Diced Pears	Cheesy Scrambled Eggs Hash Brown Potatoes Fresh Red Grapes Whole Grain Biscuit	Turkey/Gravy Mashed Potatoes Green Beans Whl Wht Dinner Roll	Honey Glazed Chicken Drums 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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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	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	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	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 Applesauce	Whole Wheat English Muffin Half Diced Peaches
			Homemade Chicken Fajitas Fajita Seasoned Tofu Strips Mexican Rice Sweet Corn Pineapple Tidbits	Homemade BBQ Meatloaf Homemade BBQ Veggie Burger Homemade BBQ Veggie Burger Oven Brown Potatoes Mandarin Oranges Challah
			Hamentashen	Tropical Fruit
3/5 Wk 3	3/6	3/7	3/8	3/9
Unsweetened Cereal Diced Peaches	Whole Grain Bagel/Cream Cheese Tropical Fruit	Unsweetened Cereal Fresh Banana	Whole Grain Pancake Cinnamon Applesauce	Whole Wheat Toast/Sun Butter Pineapple Tidbits
Vegetable Orzo Soup Tuna Salad Egg Salad Whole Wheat Roll Fresh Red Grapes	Taco Seasoned Beef Taco Seasoned Tofu Crumbles Taco Seasoned Tofu Crumbles Lettuce/Diced Tomatoes Flour Tortilla Fresh Apple Wedges	Pizza Bagel Bagel w/Sun Butter Caesar Salad Mixed Fruit	Teriyaki Chicken Teriyaki Tofu Slices Lo Mein Cucumber Slices w/Asian Dip Fresh Oranges Slices	Turkey/Gravy Veggie Burger Mashed Potatoes Diced Peaches Challah
Oat Granola	Despicable Me Grahams	Carrot Fries/Russian Dressing	Soft Pretzel Bites/Ranch Dip	Fresh Red Grapes

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Mac and Cheese Veggie Burger Seasoned Macaroni Roasted Whole Green Beans Tropical Fruit	Chili 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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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