

*Milk is served with every meal

*Whole Grain served daily

Lunch Menu March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
28 Pizza Fruit Vegetable	1 Beef Enchiladas Beans Fruit	2 Pork Potatoes Vegetable WW Roll	3 Italian Hotdish (Cheese, Pepperoni and/or Sausage, Pasta) Vegetable Fruit WW Roll	4 Pulled Pork Sandwich Peppers Fruit
7 Pizza Fruit Vegetable	8 Chicken Tacos Shredded Lettuce, Cheese and Tomatoes Fruit	9 Pasta and Meatballs Green Beans Fruit Breadsticks	10 Ham and Cheese Egg Bake Vegetable Fruit WW Roll	11 Turkey Sandwich Cucumbers Fruit
14 Pizza Fruit Vegetable	15 Vegetable (Beans and Cheese) Enchiladas Fruit	16 French Toast Bake Sausage Vegetable Fruit	17 Corned Beef Cabbage, Potatoes and Carrots Fruit Salad Bread	18 Ham and Cheese Sandwich Fries Fruit
21 Pizza Fruit Vegetable	22 Beef Tacos Shredded Lettuce, Cheese and Tomatoes Fruit	23 Ham and Swiss Casserole Broccoli Fruit WW Roll	24 Hamburgers Fries Fruit	25 Ham and Cheese Sandwich Peppers Fruit
28 Pizza Fruit Vegetable	29 Chicken Enchiladas Beans Fruit	30 Goulash Vegetable Fruit WW Roll	31 Italian Chicken Potatoes Vegetable Fruit WW Roll	1 Turkey Sandwich Broccoli Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.