

Early Learning Center
March 2024

Every Breakfast Includes:

1. Fruit-1 Cup
2. All Whole Grain-1 to 2 Ounces
3. Dairy-8 Ounces

Optional meat/meat alternate may be offered as well.

Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. All Whole Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or

Every Snack Includes 2 of the following Categories:

Fluid Milk
100% Juice, Fruit or Vegetable
Meat or Meat Alternate
Whole Grains

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Monday	Tuesday	Wednesday	Thursday	Friday
26 <u>Breakfast: Cereal</u> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk	27 <u>Breakfast: Mini Waffles</u> Pancakes & Sausage Patty Baby Carrots Baked Apples Milk Snack: Cheez-its/Milk	28 <u>Breakfast: French Tst Sticks</u> Popcorn Chicken Chicken Brown Rice Broccoli Pineapple Brownie Snack: Baked Cheetos Puffs/Milk	29 <u>Breakfast: Honey Bun</u> Beef Soft Taco Baked Beans Pears Milk Cookie Snack: Teddy Grahams/Milk	1 <u>Breakfast: Blueberry Muffin</u> Popcorn Pollock Bites California Vegetables Penne Alfredo Mixed Fruit Milk Snack: Fruit Cup/Milk
4 <u>Breakfast: Cereal</u> Domino's Cheese Pizza Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	5 <u>Breakfast: Mini Waffles</u> Popcorn Chicken Mac & Cheese Vegetable Medley Mandarin Oranges Milk Snack: Yogurt/100% Juice	6 <u>Breakfast: French Tst Sticks</u> Toasted Ravioli With Marinara Sauce Pasta Marinara Green Beans Pineapple Edible Cookie Dough Snack: Homemade Cookie/Milk	7 <u>Breakfast: Breakfast Bites</u> Grilled Cheese Baked Beans Pears Milk Cookie Snack: Cheez-its/100% Juice	8 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF
11 <u>Breakfast: Cereal</u> Chicken Fried Chicken Mashed Potatoes Green Beans Peaches Milk Snack: Animal Crackers wg/Milk	12 <u>Breakfast: Mini Waffles</u> Pancakes & Sausage Patty Baby Carrots Baked Apples Milk Snack: Cheez-its/Milk	13 <u>Breakfast: French Tst Sticks</u> Cheese Pizza Chicken Brown Rice Broccoli Pineapple Rice Krispy Treat Snack: Baked Cheetos Puffs/Milk	14 <u>Breakfast: Breakfast Bites</u> Beef Soft Taco Baked Beans Pears Milk Cookie Snack: Teddy Grahams/Milk	15 <u>Breakfast: Blueberry Muffin</u> Popcorn Pollock Bites California Vegetables Penne Alfredo Mixed Fruit Milk Snack: Fruit Cup/Milk
18 <u>Breakfast: Cereal</u> Domino's Cheese Pizza Mashed Potatoes Glazed Carrots Peaches Milk Snack: Cheese Stick/100% Juice	19 <u>Breakfast: Mini Waffles</u> Popcorn Chicken Broccoli Mandarin Oranges Milk Snack: Yogurt/100% Juice	20 <u>Breakfast: French Tst Sticks</u> Toasted Ravioli With Marinara Sauce Pasta Marinara Green Beans Pineapple Brownie Snack: Homemade Cookie/Milk	21 <u>Breakfast: Breakfast Bites</u> Grilled Cheese Baked Beans Pears Milk Cookie Snack: Cheez-its/100% Juice	<u>Breakfast: Blueberry Muffin</u> Popcorn Pollock Bites Penne Alfredo Ranch Tossed Salad w/Cheese Mixed Fruit Milk Snack: Goldfish-wg/100% Juice
25 NO SCHOOL SPRING BREAK	26 NO SCHOOL SPRING BREAK	27 NO SCHOOL SPRING BREAK	28 NO SCHOOL SPRING BREAK	29 NO SCHOOL SPRING BREAK