

March

2023



Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
27 Cereal Orange Milk ^{1*}	28 Hard Boiled Eggs ² Whole grain waffle ¹²³⁶ Banana Milk ^{1*}	01 Whole Wheat Pita Bread ³⁶ Provolone Cheese ¹ Pineapple Milk ^{1*}	02 Oatmeal ¹ Raisins Melon Milk ^{1*}	03 Cereal Melon Milk ^{1*}
06 Cereal Orange Milk ^{1*}	07 Turkey Sausage Patty Pancake ¹²³⁶ Melon Milk ^{1*}	08 Yogurt ¹ Banana Milk ^{1*}	09 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	10 Cereal Melon Milk ^{1*}
13 Cereal Orange Milk ^{1*}	14 Hard Boiled Eggs ² Whole wheat bread ³⁶ Banana Milk ^{1*}	15 Whole Wheat Pita Bread ³⁶ Provolone Cheese ¹ Melon Milk ^{1*}	16 Oatmeal ¹ Raisins Pineapple Milk ^{1*}	17 Cereal Pineapple Milk ^{1*}
20 Cereal Orange Milk ^{1*}	21 Turkey Sausage Patty Pancake ¹²³⁶ Banana Milk ^{1*}	22 Yogurt ¹ Pineapple Milk ^{1*}	23 Oatmeal ¹ Raisins Melon Milk ^{1*}	24 Cereal Melon Milk ^{1*}
27 Cereal Orange Milk ^{1*}	28 Hard Boiled Eggs ² Whole grain waffle ¹²³⁶ Banana Milk ^{1*}	29 Whole Wheat Pita Bread ³⁶ Provolone Cheese ¹ Pineapple Milk ^{1*}	30 Oatmeal ¹ Raisins Melon Milk ^{1*}	31 Cereal Melon Milk ^{1*}

Notes: This menu is subject to change


Green: Local Products

¹Dairy, ²Egg, ³Gluten, ⁴Fish, ⁵Beans, ⁶Soy, ⁷ Lentils

*Milk: 1 yr-old children (Unflavored Whole Milk)
2-5 yrs-old (Unflavored 1% Milk)

This institution is an equal opportunity provider

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
27 Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	28 Baked Penne Pasta w/ beef, cheese & tomatoes ¹³ Green Salad Melon Milk* ¹	01 Chicken Legs ⁶ Peas & Carrots Whole Wheat Roll ³⁶ Pineapple Milk* ¹	02 Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Cucumbers Melon Milk* ¹	03 Chicken Pesto Pasta w/ tomatoes, cheese & spinach ¹³ Green Salad Orange Milk* ¹
06 Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	07 Beef w/ Fried rice w/ peas & carrots ⁶ Cucumbers Orange Milk* ¹	08 Chicken Stir Fry w/ green beans ⁶ Barley & Quinoa ³ Melon Milk* ¹	09 Black Beans ⁵ Green Salad Arroz integral Pineapple Milk* ¹	10 Tuna Fried rice w/ peas & carrots ⁴⁶ Green Salad Strawberries Milk* ¹
13 Vegetarian Chili w/ tomatoes & corn ⁵ Brown rice Apple Milk* ¹	14 Chicken Legs ⁶ Broccoli Whole Wheat Roll ³⁶ Melon Milk* ¹	15 Beef & corn tacos Lettuce & cheese ¹ Whole wheat tortilla ³⁶ Pineapple Milk* ¹	16 Garbanzo Fried Rice w/ peas & carrots ⁵⁶ Cucumbers Orange Milk* ¹	17 Beef Bolognesa w/ diced tomatoes Whole wheat pasta ³ Melon Milk* ¹
20 Lentils w/ carrots & spinach ⁷ Brown rice Apple Milk* ¹	21 Chicken Paella w/ green beans & peppers Green Salad Pineapple Milk* ¹	22 Beef Stir Fry w/ green beans ⁶ Barley & Quinoa ³ Melon Milk* ¹	23 Black Beans ⁵ Green Salad Arroz integral Apple Milk* ¹	24 Chicken Stew w/ celery, carrots, tomatoes & potatoes Barley & Quinoa ³ Melon Milk* ¹
27 Black Beans ⁵ Green Salad Arroz integral Apple Milk* ¹	28 Baked Penne Pasta w/ beef, cheese & diced tomatoes ¹³ Cucumbers Melon Milk* ¹	29 Chicken Legs ⁶ Peas & carrots Whole Wheat Roll ³⁶ Piña Milk* ¹	30 International Day 	31 Beef Bolognesa w/ diced tomatoes Whole wheat pasta ³ Orange Milk* ¹

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Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
27 Pretzels ³⁶ Orange	28 Yogurt ¹ Melon	01 Apple Muffin ¹²³⁶ Pineapple	02 WG Cheez it crackers ¹³⁶ Strawberries	03 String Cheese ¹ Banana
06 String Cheese ¹ Banana	07 WW Animal Crackers ³⁶ Pineapple	08 WG Goldfish ¹³ Melon	09 Apple Muffin ¹²³⁶ Orange	10 Pretzels ³⁶ Melon
13 WW Graham Crackers ³⁶ Pineapple	14 Yogurt ¹ Banana	15 String Cheese ¹ Orange	16 WW Animal Crackers ³⁶ Melon	17 WG Goldfish ¹³ Strawberries
20 String Cheese ¹ Banana	21 WG Goldfish ¹³ Orange	22 WG Cheez it crackers ¹³⁶ Strawberries	23 WW Animal Crackers ³⁶ Pineapple	24 Apple Muffin ¹²³⁶ Melon
27 Pretzels ³⁶ Orange	28 Yogurt ¹ Melon	01 Apple Muffin ¹²³⁶ Pineapple	02 WG Cheez it crackers ¹³⁶ Strawberries	03 String Cheese ¹ Banana

Notes: This menu is subject to change

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Snack