

## ChildEats Monthly Menu



### Week 1 • March 2-6

| Date             | Monday<br>3/02                                                               | Tuesday<br>3/03                                              | Wednesday<br>3/04                                                 | Thursday<br>3/05                                                                       | Friday<br>3/06                                                   |
|------------------|------------------------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------|
| <b>Breakfast</b> | Biscuit/Sausage<br>Seasonal Fruit                                            | Pocket Pancake<br>Seasonal Fruit                             | French Toast<br>Seasonal Fruit                                    | Oatmeal<br>Seasonal Fruit                                                              | Croissant<br>Seasonal Fruit                                      |
| <b>Lunch</b>     | Chicken Stew<br>Roasted Potato/WG<br>Bread<br>Garden Salad<br>Seasonal Fruit | Chicken Pilaf<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Mama's Bolognese<br>WG Pasta<br>Steamed Carrots<br>Seasonal Fruit | Chicken Cloud Puffs<br>Mashed Potato/WG Bread<br>Steamed Cauliflower<br>Seasonal Fruit | Mac N Cheese<br>WG Pasta<br>Steamed Vegetables<br>Seasonal Fruit |
| <b>PM Snack</b>  | Melted Cheese Wedges<br>Cucumber Sticks                                      | WG Banana Bread<br>Seasonal Fruit                            | Cheese Quesadillas<br>Baby Carrots                                | Cheesy Turkey Triangles<br>Seasonal Fruit                                              | Yogurt<br>Mini Puffs                                             |

### Week 2 • March 9-13

| Date             | Monday<br>3/09                                                   | Tuesday<br>3/10                                                         | Wednesday<br>3/11                                                        | Thursday<br>3/12                                                                    | Friday<br>3/13                                                 |
|------------------|------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------|
| <b>Breakfast</b> | WG Banana Bread<br>Seasonal Fruit                                | WG Waffle<br>Seasonal Fruit                                             | Croissant<br>Seasonal Fruit                                              | Oatmeal<br>Seasonal Fruit                                                           | French Toast<br>Seasonal Fruit                                 |
| <b>Lunch</b>     | Meatballs Marinara<br>WG Pasta<br>Garden Salad<br>Seasonal Fruit | Chicken Tenders<br>Sweet Potato/WG Bread<br>Cole Slaw<br>Seasonal Fruit | Stir Baked Chicken<br>Steamed Rice<br>Steamed Broccoli<br>Seasonal Fruit | Turkey Meatballs<br>Herb Boiled Potato<br>WG Bread Cucumber Salad<br>Seasonal Fruit | Chicken Kabob<br>Kasha<br>Steamed Vegetables<br>Seasonal Fruit |
| <b>PM Snack</b>  | Blueberry Muffin<br>Seasonal Fruit                               | Cottage Cheese<br>Pancakes                                              | Carrot Cake<br>Seasonal Fruit                                            | Mini Bagel Cream Cheese<br>Seasonal Fruit                                           | Boiled Egg<br>French Toast Stick                               |

### Week 3 • March 16-20

| Date             | Monday<br>3/16                                                   | Tuesday<br>3/17                                                                     | Wednesday<br>3/18                                            | Thursday<br>3/19                                                          | Friday<br>3/20                                                    |
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| <b>Breakfast</b> | Biscuit/Sausage<br>Seasonal Fruit                                | Pocket Pancake<br>Seasonal Fruit                                                    | French Toast<br>Seasonal Fruit                               | Oatmeal<br>Seasonal Fruit                                                 | Apple Pound Cake<br>Seasonal Fruit                                |
| <b>Lunch</b>     | Chicken Alfredo<br>WG Pasta<br>Steamed Carrots<br>Seasonal Fruit | Chicken Cloud Puffs<br>Mashed Potato/WG Bread<br>Steamed Broccoli<br>Seasonal Fruit | Chicken Kabob<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit | Chicken Stew<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Mac N Cheese<br>WG Pasta<br>Steamed Cauliflower<br>Seasonal Fruit |
| <b>PM Snack</b>  | Melted Cheese Wedges<br>Cucumber Sticks                          | Yogurt<br>Mini Puffs                                                                | WG Cheesy Turkey Triangles<br>Seasonal Fruit                 | Pancakes<br>Apple Sauce                                                   | Blueberry Muffin<br>Seasonal Fruit                                |

### Week 4 • March 23-27

| Date             | Monday<br>3/23                                                             | Tuesday<br>3/24                                                   | Wednesday<br>3/25                                                  | Thursday<br>3/26                                                                           | Friday<br>3/27                                                  |
|------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Breakfast</b> | Pancakes<br>Seasonal Fruit                                                 | WG Waffle<br>Seasonal Fruit                                       | French Toast<br>Seasonal Fruit                                     | Oatmeal<br>Seasonal Fruit                                                                  | Croissant<br>Seasonal Fruit                                     |
| <b>Lunch</b>     | Chicken Tenders<br>Sweet Potato<br>WG Bread<br>Cole Slaw<br>Seasonal Fruit | Chicken Fajitas<br>Steamed Rice<br>Garden Salad<br>Seasonal Fruit | Mama's Bolognese<br>WG Pasta<br>Steamed Broccoli<br>Seasonal Fruit | Turkey Meatballs<br>Herb Boiled Potato<br>WG Bread<br>Steamed Vegetables<br>Seasonal Fruit | Chicken Kabob<br>Kasha<br>Steamed Cauliflower<br>Seasonal Fruit |
| <b>PM Snack</b>  | Cheese Quesadillas<br>Baby Carrots                                         | WG Blueberry Square<br>Seasonal Fruit                             | Yogurt<br>Mini Puffs                                               | French Toast Sticks<br>Seasonal Fruit                                                      | Cottage Cheese<br>Waffle                                        |

### Week 5 • March 30-31

| Date             | Monday<br>3/30                                                            | Tuesday<br>3/31                                              |  |  |  |
|------------------|---------------------------------------------------------------------------|--------------------------------------------------------------|--|--|--|
| <b>Breakfast</b> | Biscuit/Sausage<br>Seasonal Fruit                                         | Pocket Pancake<br>Seasonal Fruit                             |  |  |  |
| <b>Lunch</b>     | Chicken Stew<br>Roasted Potato/WG Bread<br>Garden Salad<br>Seasonal Fruit | Chicken Pilaf<br>Steamed Rice<br>Cole Slaw<br>Seasonal Fruit |  |  |  |
| <b>PM Snack</b>  | Melted Cheese Wedges<br>Cucumber Sticks                                   | WG Banana Bread<br>Seasonal Fruit                            |  |  |  |