


~ March 2018 ~						
◀ Feb 2018						Apr 2018 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1				<b>1</b> Breakfast: Cheese toast applesauce  Lunch: Loaded Potato, Peas and carrots, Fruit Cocktail  Snack: Club Cracker Fruited Jello	<b>2</b> Breakfast: Muffins and blueberries  Lunch: Pizza Diced carrots Peaches  Snack: Cheeze its and apple slices	<b>3</b>
<b>4</b> Week 2	<b>5</b> Breakfast: Eggs and turkey sausage  Lunch: Grilled Turkey and cheese sandwich, Diced carrots and fruit cocktail  Snack: Chex mix and apple slices	<b>6</b> Breakfast: Bagels, applesauce  Lunch: Swedish meatballs/noodles Field peas and Peaches  Snack: strawberries and graham crackers	<b>7</b> Breakfast: waffles and strawberries  Lunch: Lasagna with wheat noodles and turkey, Green beans and pears  Snack: Cheese sticks and ritz crackers	<b>8</b> Breakfast: Baked oatmeal  Lunch: Chicken and dumplings mixed vegetables, Peaches  Snack: Raisins and graham crackers	<b>9</b> Breakfast: Cereal and strawberries  Lunch: Chicken nuggets, Corn Pineapple  Snack: Pretzels and pears	<b>10</b>
<b>11</b> Week 3	<b>12</b> Breakfast: Turkey sausage and biscuits  Lunch: Baked Wheat Ziti, Pineapple Diced carrots  Snack: Cheese sticks and goldfish	<b>13</b> Breakfast: English Muffins and blueberries  Lunch: Chicken quesadilla, Black beans and rice ,mandarin oranges  Snack: Yogurt parfait	<b>14</b> Breakfast: Cheesy hash brown casserole  Lunch: Turkey and cheese roll up Peas and carrots, Peaches  Snack: Graham Crackers and raisins	<b>15</b> Breakfast: Blueberry waffles  Lunch: Baked wheat spaghetti green beans, Fruit cocktail  Snack: Wafers and pudding	<b>16</b> Breakfast: banana muffins  Lunch: Pizza, Mixed vegetables Pears  Snack: Goldfish and applesauce	<b>17</b>
<b>18</b> Week 4	<b>19</b> Breakfast: Turkey Sausage Biscuits  Lunch: Chicken Alfredo, Broccoli Raspberries  Snack: Cheeze-its and Jell-O	<b>20</b> Breakfast: Turkey bacon, Omelets Lunch: Corn Dog nuggets, Corn, Peaches  Snack: Cheese sticks and crackers	<b>21</b> Breakfast: Pancakes and strawberries  Lunch: Tostadas, Field peas, raspberries  Snack: Goldfish and strawberries	<b>22</b> Breakfast: Cheese grits and blueberries  Lunch: Mac n Cheese, green beans, Pears  Snack: Yogurt parfait	<b>23</b> Breakfast: Cereal and strawberries  Lunch: Chicken nuggets, sweet potato fries Pineapple  Snack: Chex mix and bananas	<b>24</b>
<b>25</b> Week 5	<b>26</b> Breakfast: Raisin toast, turkey sausage  Lunch: Wheat lasagna, Green beans, Pears  Snack: Cheese sticks and grapes	<b>27</b> Breakfast: Cereal and yogurt  Lunch: Chicken quesadilla, Black beans and rice, Peaches  Snack: blackberries and Cheez-its	<b>28</b> Breakfast: Cheese Omelets, Turkey Bacon  Lunch: Turkey and cheese wheat wraps, Green beans, Mandarin oranges  Snack: Yogurt and wafers	<b>29</b> Breakfast: Waffles w/ blackberries  Lunch: BBQ Chicken, Baked beans Fruit cocktail  Snack: Goldfish and sliced oranges	<b>30</b> <i>Wishing you</i>  <i>a Blessed Good Friday</i>	<b>31</b>