

(WG) = Whole Grain

(E) = Contains Egg

March Lunch

Serving Sizes	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Protein :1 Ounce / 1/4 cup** Grain: 1/2 Slice/Serv/1/4 Cup Veg: 1/8 Cup Fruit: 1/8 Cup					1 Bean & Cheese Burritos (1/2 12 inch tortilla) Salad Oranges	Protein :1.5 Ounce / 3/8 cup** Grain: 1/2 Slice/Serv/1/4 Cup Veg: 1/4 Cup Fruit: 1/4 Cup
	4 Beans & Rice (WG) (1/2 cup rice + beans) Corn Apples	5 Chicken & Rice Teriyaki (WG) (1/2 cup rice + chicken) Broccoli Pineapple	6 Ground Turkey/ Cheese Tacos (1 6 in tortilla) Salad w/ Ranch Dressing (E) Oranges	7 Chicken Salad Sandwiches (1.1 oz slice) Corn Fruit Cocktail	8 Cheese Quesadillas (WG) (1/2 10inch tortilla) Green Beans Oranges	
	11 Cheese Pizza English Muffin (1/2 muffin– 1 oz) Peas & Carrots Pineapple	12 Bean & Cheese Burritos (1/2 12 inch tortilla) Corn Peaches	13 Chicken & Rice Soup (WG) (1/2 cup rice + chicken) Mixed Veggies Apples	14 Turkey Chili Beans Carrot Sticks Saltine Crackers (4 crackers) Cantaloupe	15 Chicken Alfredo E Penne Pasta (WG) (1/2 cup pasta +chicken) Broccoli Oranges	
	17 Rotini (WG) Mac & Cheese (1/2 cup pasta + cheese) Peas/Carrots Peaches	18 Veg. Baked Beans Saltine Crackers (4 crackers .38 oz) Corn Fruit Cocktail	19 BBQ Chicken Sandwiches (1.1 oz slice) Mixed Vegetables Oranges	20 Beans & Rice (WG) (1/2 cup rice + beans) Peas & Carrots Honey Dew Melon	21 Ground Turkey/ Cheese Tacos (1 6 in tortilla) Salad w/ Ranch Dressing (E) Apples	
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age	24 Bean & Cheese Burritos (1/2 12 inch tortilla) Salad Apples	25 Turkey/Cheese Wraps (WG) w/ Ranch Dressing (E) (1/2 10inch tortilla) Corn Apples	26 Chicken & Rice Soup (WG) (1/2 cup rice + chicken) Mixed Veggies Mandarin Oranges	27 Turkey Sloppy Joe Sandwiches (1/2 bun– 1.35 oz) Green Beans Apples	28 Meat Sauce Baked Penne (WG) (1/2 cup pasta + turkey) Corn Cantaloupe	This institution is an equal opportunity provider.

***Lunch is served with Milk.