



GROW & LEARN MENU MARCH 2010



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	English Muffins (WG) 1 Peaches Milk	Pancakes/Syrup 2 Apple Slices Milk	Life Cereal(WG) 3 Mandarin Oranges Milk	French Toast/Syrup 4 Pears Milk	Cinnamon Bagels(WG) 5 Bananas Milk
Lunch	Baked Macaroni & Cheese(HM) Peas Applesauce Pasta Milk	Fish Fillet (HM) Green Beans Pears Roll(WG) Milk	Baked Manicotti & Meat Sauce Garden Salad Cooked Carrots Pasta Milk	Taco Salad (HM) Lettuce & Tomato Peaches Tortilla Milk	Baked Chicken Mashed Potatoes Green Beans Corn Bread Milk
Snack	Club Crackers 100% Apple Juice	Crescent Rolls Cucumbers	Wheat Thins 100% Peach Juice	Pretzels (WG) Grapes	Strawberry Sammie's (Bread) Cheese Cubes
Breakfast	Waffles/Syrup 8 Pears Milk	Blueberry Muffins 9 Peaches Milk	Cheerios Cereal(WG) 10 Bananas Milk	Biscuits/Jelly 11 Orange Slices Milk	Oatmeal(WG) 12 Applesauce Milk
Lunch	Meatballs Peas Orange Slices Buttered Noodles(WG) Milk	Tuna Melt (HM) Cheese Slices Applesauce Roll(WG) Milk	Meatloaf(HM) Mashed Potatoes Cooked Carrots Rolls(WG) Milk	Pulled Pork (HM) Cucumber Slices Peas Crescent Roll Milk	Pepperoni Pizza (HM) Green Beans Mandarin Oranges Roll(WG) Milk
Snack	Cheese -its 100% Grape Juice	Oatmeal Raisin Cookies (HM) Grapes	Chex Mix(HM) Apple Slices	Rice Krispies Treats (HM) 100% Fruit Punch	Club Crackers Go-Gurt
Breakfast	Cheerios Cereal (WG) 15 Peaches Milk	Toast/Butter(WG) 16 Bananas Milk	Pancakes/Syrup 17 Peaches Milk	Life Cereal(WG) 18 Mandarin Oranges Milk	Bagels & Cream Cheese (WG) 19 Pears Milk
Lunch	Sloppy Joes(HM) Cauliflower Applesauce Roll(WG) Milk	Baked Ham Peas Pears Rice(WG) Milk	Shepherds Pie(HM) Mashed Potatoes Mixed Vegetables Corn Bread Milk	Baked Chicken Broccoli Apple Slices Roll Milk	Baked Macaroni & Cheese (HM) Green Beans Pineapple Tidbits Pasta Milk
Snack	Goldfish Crackers 100% Grape Juice	Biscuits/Jelly 100% Apple Juice	Pretzels (WG) Cheese Dip	Ritz Crackers 100% Apple Juice	Banana Bread (HM) Cheese Slices
Breakfast	English Muffins (WG) 22 Apple Slices Milk	Life Cereal(WG) 23 Peaches Milk	Toast/Butter(WG) 24 Bananas Milk	Rice Krispies Cereal(WG) 25 Mandarin Oranges Milk	French Toast/Syrup 26 Pineapple Tidbits Milk
Lunch	Turkey & Cheese Wraps Broccoli Mandarin Oranges Tortilla Milk	Grilled Cheese Tomato Soup Apple Slices Bread Milk	Sausage Strawberries Applesauce Waffles Milk	Lasagna/Meat Sauce (HM) Garden Salad Peas Pasta Milk	Pepperoni Pizza(HM) Green Beans Pears Roll(WG) Milk
Snack	Ritz Crackers Cheese slices	Pretzel Sticks Fruit Yogurt Dip	Bran Muffins 100%White Grape Juice	Cucumbers/Dip 100% Apple Juice	Club Crackers Cheese Cubes
Breakfast	Waffles/Syrup 29 Peaches Milk	Rice Krispies Cereal(WG) 30 Pears Milk	Bagels & Cream Cheese (WG) 31 Bananas Milk	Pancakes/Syrup 1 Melon Milk	 DAYCARE CLOSED Teacher-In-Service Day
Lunch	Bologna & Cheese Wraps Mixed Vegetables Apple Slices Roll(WG) Milk	Chicken Pot Pie (HM) Corn Cantaloupe Bisquick Milk	Meatloaf(HM) Mashed Potatoes Green Beans Roll Milk	Baked Ravioli Peas Mandarin Oranges Pasta Milk	
Snack	Wheat Thins 100% Very Berry Juice	Angel Food Cake 100% Apple Juice	Club Crackers Cheese Slices	Pretzels(WG) Carrot Sticks	

*PLEASE NOTE: FOODS IN RED ARE SUBSTITUTES FOR TODDLERS

1 YEAR OLDS ARE SERVED WHOLE MILK, CHILDREN OLDER THEN 1 RECEIVE 1%

