

MARCH 2024 BREAKFAST MENU: 2-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Whole grain cereal 1/2c Scrambled egg Apple sauce 1% white milk	4 Whole grain pancake Scrambled egg Orange wedges 1% white milk	5 Vanilla yogurt 1oz Granola topping 1/2c Honeydew melon 6oz 1% white milk	6 Cinnamon raisin oatmeal 4oz 1/8c Orange wedges 1/2c Honeydew melon 6oz 1% white milk	7 Whole grain cereal 1/3c Banana 1% white milk
Whole grain cereal 1/2c Scrambled egg Apple sauce 1% white milk	11 Whole grain pancake Scrambled egg Orange wedges 1% white milk	12 Crème of wheat cereal 1/2c Honeydew melon 1oz 1% white milk	13 Whole grain French toast 1/3c Honeydew melon 1/2c 1% white milk	14 Whole grain cereal 1 sl Banana 1% white milk
Cinnamon apple sauce 1/2c 6oz 1% white milk				15 Whole grain cereal 1/2c Banana 1% white milk
Whole grain cereal 1/2c Scrambled eggs Orange wedges 1% white milk	18 Whole grain pancakes Scrambled eggs Orange wedges 1% white milk	19 Vanilla yogurt 1/2c Granola topping 1/2c Honeydew melon 6oz 1% white milk	20 Cinnamon raisin oatmeal 4oz 1/8c Orange wedges 1/2c Honeydew melon 6oz 1% white milk	21 Whole grain cereal 1/3c Banana 1% white milk
Cinnamon apple sauce 1/2c 6oz 1% white milk				22 Whole grain cereal 1/2c Banana 1% white milk
Whole grain cereal 1/2c Scrambled eggs Apple sauce 1% white milk	25 Whole grain pancakes Scrambled eggs Orange wedges 1% white milk	26 Crème of wheat cereal 2oz 1oz 1/2c Honeydew melon 6oz 1% white milk	27 Whole grain French toast 1/3c Orange wedges 1/2c Honeydew melon 6oz 1% white milk	28 Whole grain cereal 1 sl Banana 1% white milk
				29 Whole grain cereal 1/2c Banana 1% white milk

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA (Actual Address to come) Davids Farm, DC; DOD Produce, DC

MARCH 2024 LUNCH MENU: 2-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Baked penne Whole grain penne pasta Ground turkey Green beans Tomato sauce Cheddar cheese Honeydew melon 1% white milk	4 1/4c Grilled chicken 1.5oz Mashed sweet potato 1/4c Whole grain sliced bread 1/8c .5oz 1/4c Banana 6oz 1% white milk	5 1.5oz Chicken nuggets 1/4c Brown rice yellow recipe 1/2 sl W/ red kidney beans 1/4c Green peas & corn 1/4c Cinnamon apple slices 6oz 1% white milk	6 1.5oz Turkey Breast sandwich 1/4c Whole wheat sliced bread 1/8c Steamed cold broccoli 1/4c Canteloupe 6oz 1% white milk	7 1.5oz Chili w. ground turkey Whole grain sliced bread w/ Red Kidney Beans Diced tomato & sauce Green pepper & onion Diced pears 6oz 1% white milk
Macaroni & cheese Whole grain macaroni Cheddar cheese Green beans Honeydew melon 1% white milk	11 1/2c BBQ chicken 2oz Whole grain sliced bread 2oz Red & black bean salsa 1/4c Banana 6oz 1% white milk	12 2oz w/ ground turkey 1/2 sl Mexican brown rice 1/4c Diced & sauce tomato 1/4c Sliced carrots 6oz 1% white milk	13 Fajita bowl 1.5oz Mexican brown rice 1/4c Green pepper & onion 1/8c Diced & sauce tomato 1/4c Sliced carrots 6oz 1% white milk	14 Chicken salad sandwich 1.5oz Chicken breast 1/4c Whole wheat sliced bread Steamed cold broccoli 1/4c Canteloupe 6oz 1% white milk
Pasta Turk-A-Roni w/ground turkey Whole grain penne pasta Onion & green pepper Tomato sauce Green beans Honeydew melon 1% white milk	18 1.5oz Taco bowl w/ground turkey 1/4c Spanish brown rice 1/8c Black bean & corn salsa 1/4c Diced & sauce tomato 1/4c Banana 6oz 1% white milk	19 1.5oz Fish sticks 1/4c Sliced carrots 1/4c Brown rice Yellow recipe 1/8c w/red kidney beans 1/4c Cinnamon apple slices 6oz 1% white milk	20 1.5oz Turkey ham 1/4c Whole wheat sliced bread 1/4c Steamed cold broccoli 1/8c American cheese 1/4c Canteloupe 6oz 1% white milk	21 Ham & cheese sandwich 1.5oz Turkey ham 1 sl Whole wheat sliced bread 1/4c Steamed cold broccoli .5oz American cheese 1/4c Canteloupe 6oz 1% white milk
Whole grain spaghetti w/ground turkey Green beans Tomato sauce Honeydew melon 1% white milk	25 1/4c Grilled chicken Alfredo 1.5oz Whole grain sliced bread 1/4c Green peas & diced carrots 1/4c Banana 6oz 1% white milk	26 1.5oz Teriyaki chicken 1/2 sl Fried brown rice w/red kidney beans 1/4c Pineapple tidbits 6oz 1% white milk	27 1.5oz Chicken salad sandwich 1/4c Chicken breast 1/4c Steamed broccoli 1/4c Whole grain sliced bread 1/4c Canteloupe 6oz 1% white milk	28 2oz Chicken breast patty Brown rice Yellow recipe w/black beans Roasted potato 1/4c Diced pears 6oz 1% white milk

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain Milk Variety: 1-2 year old 4 fluid ounces whole unflavored milk; 3-5 year old 6 fluid oz.: Unflavored low-fat(1%) or Unflavored fat-free (skim) fluid milk is offered to each child every day.

This Institution is an Equal Opportunity Provider

MARCH 2024 SNACK MENU: JUBILEE JUMPSTART

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz. Unflavored (skim) fluid milk is offered to each child every day.

Milk variety: 8 fluid oz. Shinioros low fat/lowfat
Milk product: 1% milk
Milk fat content: 1%
Milk protein content: 3.2%
Milk lactose content: 4.6%
Milk calcium content: 110 mg/8 fl. oz.
Milk phosphorus content: 35 mg/8 fl. oz.