

TEACH, LEARN, CHANGE – MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 This institution is an equal opportunity provider All Meals Provided by Teach, Learn, Change * Menu Subject to Change 				
1 Breakfast: Cheerios, Fruit Lunch: <i>Salisbury Steak</i> Patty, WG Dinner Roll, Fruit, Mashed Potatoes, Milk Snack: Pretzels, 100% Fruit Juice	2 Breakfast: Pancakes, Banana, Milk Lunch: <i>Chili</i> Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk Snack: Cheese Itz, 100% Fruit Juice	3 Breakfast: Biscuits, Fruit, Milk Lunch: <i>Fried Rice w/ Chicken</i> Chicken, Brown Rice, Peas & Carrots, Fruit, Milk Snack: Yogurt, Granola	4 Breakfast: Kix, Fruit, Milk Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Broccoli, Fruit, Milk Snack: Ritz, String Cheese	5 Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Graham Crackers, Milk
8 Breakfast: Rice Krispies, Fruit, Milk Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Green Beans, Fruit, Milk Snack: Goldfish, 100% Fruit Juice	9 Breakfast: Biscuits, Fruit Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Fruit, Milk Snack: Yogurt, Granola	10 Breakfast: French Toast Sticks, Fruit, Milk Lunch: <i>Teriyaki Chicken</i> Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Pretzels, Cheese Cubes	11 Breakfast: Rice Chex, Fruit, Milk Lunch: <i>Taco</i> Ground Beef, Pinto Beans, Corn Tortilla, Fruit, Milk Snack: Graham Crackers, Milk	12 Breakfast: Life Cereal, Fruit, Milk Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Chex Mix, 100% Fruit Juice
15 Breakfast: WG Cheerios, Apple Slices, Milk Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrots, Corn, Milk Snack: Yogurt, Granola	16 Breakfast: Kix, Fruit, Milk Lunch: <i>BBQ Pulled Chicken</i> Chicken, WG Bun, Baked Beans, Corn, Milk Snack: Cheese, Pretzels	17 Breakfast: Waffles, Fruit, Milk Lunch: <i>Hawaiian Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Wheat Thins, 100% Fruit Juice	18 Breakfast: Corn Chex, Fruit, Milk Lunch: <i>Sloppy Joes</i> Ground Beef, WG Bun, Waffle Fries, Fruit, Milk Snack: Ritz, Cheese	19 Breakfast: Pancakes, Fruit, Milk Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Goldfish, 100% Fruit Juice
22 Breakfast: Biscuits, Fruit, Milk Lunch: <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk Snack: Animal Crackers, Milk	23 Breakfast: Corn Flakes, Fruits Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Lettuce, Tomato, Pinto Beans, Milk Snack: Yogurt, Granola	24 Breakfast: French Toast, Fruit, Milk Lunch: <i>Penne Pasta</i> Ground Beef, Penne Pasta, Peas, Salad, Milk Snack: Graham Crackers	25 Breakfast: English Muffins, Fruit, Milk Lunch: <i>Burger</i> Slider, WG Bun, Waffle Fries, Fruit, Milk Snack: Cheez Its, 100% Juice	26 Breakfast: Rice Chex, Fruit, Milk Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Bread, Cole Slaw, Cucumber, Milk Snack: Goldfish, 100% Juice

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP)

by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or 1/3 cup dry cereal or ¼cup hot cereal; fruit or vegetable- ½cup; milk - ¾cup 1% plain milk

Lunch: meat/meat alternate - 1 ½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼cup; fruit - ¼cup; milk- ¾cup 1% plain milk

Snack (two of the following): meat/meat alternate - ½oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup 1% plain milk

*(WG) = Whole Grain

