

March-2024

Breakfast: **1-2** **3-5** **6-12**
 Milk 1/2 c 3/4 c 1 c
 Fruit, Veg or both 1/4 c 1/2 c 1/2 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Dry Cereal 1 oz
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Lunch: **1-2** **3-5** **6-12**
 Milk 1/2 c 3/4 c 1 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Pasta/Noodles 1/4 c
 Fruit 1/8 c 1/4 c 1/4 c
 Vegetables 1/8 c 1/4 c 1/2 c
 Meat/Meat Alt. 1 oz. 1.5 oz. 2 oz.

PM Snack: **1-2** **3-5** **6-12**
 Milk 1/2 c 1/2 c 1 c
 Fruit 1/2 c 1/2 c 1/2 c
 Vegetable 1/2 c 1/2 c 3/4 c
 Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
 Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
 *Select 2 of the 5 components

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	
BR -		BR -		BR -		BR -		BR -	Pancakes/Apples/Milk
LN -		LN -		LN -		LN -		LN -	Sloppy Joe's on WW/Salad/Pears/Milk
SN -		SN -		SN -		SN -		SN -	Teddy Grahams/Milk
4		5		6		7		8	Picture Day
BR -	Mini Muffins/Grapes/Milk	BR -	Pancakes/oranges/Milk	BR -	Cinnamon Raisen Bread/Cream Cheese/Strawberries/Milk	BR -	Mini Spooners/Banana/Milk	BR -	Chex Cereal/Blueberries/Milk
LN -	Ham and Cheese on WW/Celery/Applesauce/Milk	LN -	Peanut Butter and Jelly on WW/Cucumbers/Fruit Cocktail/Milk	LN -	Chicken Strips/WW Bun/Cauliflower/Peaches/Milk	LN -	WW Beefaroni/Carrots/Pineapple/Milk	LN -	Turkey and Cheese on WW/Broccoli/Applesauce/Milk
SN -	Peanut Butter Crackers/Milk	SN -	Saltines/Milk	SN -	Goldfish/Milk	SN -	Butter Round/Milk	SN -	Pretzels/Milk
11		12		13		14		15	
BR -	Mini Muffins/Apples/Milk	BR -	Life Cereal/Grapes/Milk	BR -	Bagel/Cream Cheese/Blueberries/Milk	BR -	Chex Cereal/Strawberries/Milk	BR -	Waffles/Banana/Milk
LN -	Nachos/WW Bun/Salad/Mandrine Oranges/Milk	LN -	Grilled Ham and Cheese on WW/Green Beans/Pineapples/Milk	LN -	Meatball Sub/Corn/Fruit Cocktail/Milk	LN -	Chicken and Cheese on WW/Mixed Vegetables/Peaches/Milk	LN -	Hashbrown Stacker/WW Bun/Pickles/Pears/Milk
SN -	Graham Crackers/Milk	SN -	Butter Smooth Crackers/Milk	SN -	Scooby-Snacks/Milk	SN -	Jell-O/String Cheese/Milk	SN -	Chips and Salsa/Milk
18		19		20		21		22	
BR -	Mini Muffins/Oranges/Milk	BR -	Mini Spooners/Apples/Milk	BR -	Pancakes/Grapes/Milk	BR -	Kix Cereal/Blueberries/Milk	BR -	bagles W/ Cresam cheese/Strawberries/Milk
LN -	Chicken Strips/WW Bun/Carrots/Applesauce/Milk	LN -	Peanut Butter and Jelly on WW/Celery/Mandrine Oranges/Milk	LN -	Mac and Cheese/WW Bun/Hard Boil Egg/Green Beans/Pineapples/Milk	LN -	Grilled Turkey and Cheese on WW/Cauliflower/Fruit Cocktail/Milk	LN -	All Beef Hot Dogs/WW Bun/Broccoli/Peaches/Milk
SN -	Cheeze-it's/Milk	SN -	Animal Crackers/Milk	SN -	Saltines/Milk	SN -	Pretzels/Milk	SN -	Cinnamon Graham Crackers/Milk
25	treetsboro NO School/ Rootstown NO School	26	treetsboro NO School / Rootstown NO School	27	treetsboro NO School / Rootstown NO School	28	treetsboro NO School / Rootstown NO School	29	treetsboro NO School/Rootstown NO School/Ravenna NO School
BR -	Mini Muffins/Blueberries/Milk	BR -	Kix Cereal/Strawberries/Milk	BR -	Waffles/Banana/Milk	BR -	Life Cereal/Oranges/Milk	BR -	French Toast Sticks/ Grapes/ Milk
LN -	Turkey and Cheese on WW/Corn/Fruit Cocktail/Milk	LN -	WW Beefaroni/Mixed Vegetables/Peaches/Milk	LN -	Chicken Patties on WW/Carrots/Pears/Milk	LN -	Peanut Butter and Jelly on WW/Cucumbers/Fruit Cocktail/Milk	LN -	Taco on WW/ Salad/ Manderine Oranges
SN -	Chips and Salsa/Milk	SN -	Cheeze-it's/Milk	SN -	Animal Crackers/Milk	SN -	Vanillia Yogurt/Vanilla Waffles/Milk	SN -	Peanutbutter Crackers/ Milk

Menu is subject to change.
 This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
 Skim Milk = Children over 24 months
 WG = Whole Grain / WW = Whole Wheat