

March-2023

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	2	3
BR -	BR -	BR - Waffles/Banana/Milk	BR - Kix Cereal/Grapes/Milk	BR - Life Cereal/Oranges/Milk
LN -	LN -	LN - Tacos on WW Tortilla/Salad/Pineapple/Milk	LN - Chicken Patties/WW Bun/Corn/Pears/Milk	LN - Ham and Cheese on WW/Cucumbers/Peaches/Milk
SN -	SN -	SN - Chips and Salsa/Milk	SN - Cheez-its/milk	SN - Animal Crackers/Milk
6	7	8	9	10
BR - Mini Muffins/Apples/Milk	BR - Chex Cereal/Strawberries/Milk	BR - Cinnamon Raisen Bread/Cream Cheese/Blueberries/Milk	BR - Mini Spooners/Banana/Milk	BR - Pancakes/Grapes/Milk
LN - Mac and Cheese/WW Bun/Hard Boil Egg/Mixed Vegtables/Applesauce/Milk	LN - All Beef Hot Dog/WW Bun/Green Beans/Mandrine Oranges/Milk	LN - Turkey and Cheese on WW/Celery/Fruit Cocktail/Milk	LN - Nachos/WW Bun/Salad/Pineapple/Milk	LN - Chicken and Cheese on WW/Carrots/Pears/Milk
SN - Butter Rounds/Milk	SN - Teddy Grahams/Milk	SN - Goldfish/Milk	SN - Saltines/Milk	SN - Vanilla Yogurt/Vanilla Waffers/Milk
13	14	15	16	17 St. Patrick's Day
BR - Mini Muffins/Oranges/Milk	BR - Kix Cereal/Apples/Milk	BR - Bagel/Cream Cheese/Strawberries/Milk	BR - Life Cereal/Blueberries/Milk	BR - Chex Cereal/Banana/Milk
LN - Grilled Ham and Cheese on WW/Cauliflower/Peaches/Milk	LN - WW Beefaroni/WW Bun/Broccoli/Applesauce/Milk	LN - Grilled Cheese/Hard Boil Egg/Tomato Soup/Pineapple/Milk	LN - Turkey and Cheese on WW/Peas/Mandrine Oranges/Milk	LN - Cheese Burger on WW Bun/Pickles/Pears/Milk
SN - Scooby-Snack/Milk	SN - Butter Smooths/Milk	SN - Graham Crackers/Milk	SN - Pretzels/milk	SN - Jell-O/String Cheese/Milk
20 NO SCHOOL STREETSBORO	21 NO SCHOOL STREETSBORO	22 NO SCHOOL STREETSBORO	23 NO SCHOOL STREETSBORO	24 NO SCHOOL STREETSBORO
BR - Mini Muffins/Grapes/Milk	BR - Mini Spooners/Oranges/Milk	BR - Pancakes/Apples/Milk	BR - Kix Cereal/Strawberries/Milk	BR - Waffles/Blueberries/Milk
LN - Meatballs/WW Bun/Cucumbers/Pineapples/Milk	LN - Turkey and Cheese on WW/Celery/Peaches/Milk	LN - Hashbrown Stacker/WW Bun/Pickles/Fruit Cocktail/Milk	LN - Ham and Cheese on WW/Carrots/Pears/Milk	LN - All Beef Hot Dog/WW Bun/Green Beans/Mandrine oranges/Milk
SN - Teddy Grahams/milk	SN - Peanut Butter Crakers/Milk	SN - Chips and Salsa/Milk	SN - Cheez-its/milk	SN - Animal Crackers/Milk
27 NO SCHOOL STREETSBORO	28	29	30	31
BR - Mini Muffins/Banana/Milk	BR - Life Cereal/Grapes/Milk	BR - Cinnamon Toast Sticks/Oranges/Milk	BR - Chex Ceral/Apples/Milk	BR - Mini Spooners/Strawberries/Milk
LN - Mac and Cheese/WW Bun/Hard Boil Egg/Mixed Vegtables/Applesauce/Milk	LN - Peanut Butter and Jelly on WW/Corn/Pineapple/Milk	LN - Chicken Strips/WW Bun/Peas/ Peaches/Milk	LN - Tacos on WW Tortilla/Salad/Fruit Cocktail/Milk	LN - Chicken and Cheese on WW/Broccoli/Pears/Milk
SN - Goldfish/Milk	SN - Saltines/Milk	SN - Cinnamon Graham Crackers/Milk	SN - Butter Rounds/Milk	SN - Pretzels/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