

ECLC MARCH 2017 MENU w/ SNACK

		<u>WEDNESDAY 1</u>	<u>THURSDAY 2</u>	<u>FRIDAY 3</u>
<p><u>Alternative Meals:</u></p> <p>2/27-3/3: Hummus Plate</p> <p>3/6-3/10: Yogurt Box</p> <p>3/13-3/17: Wow Butter & Honey Sandwich</p> <p>3/20-3/24: Hummus Plate</p> <p>3/27-3/31: Yogurt Box</p>	<p>Find us on Facebook!</p> <p>www.facebook.com/CSDschoolnutrition/</p>	<p><u>BREAKFAST</u> Chicken & Waffles or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Hamburger on WG Bun Vegetarian Baked Beans Banana Choice of Milk</p> <p><u>SNACK</u> Sugar-free Chocolate Pudding, WG Animal Crackers 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Sausage Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Dr. Suess' Birthday Grinch's Green Eggs Yertle the Turtle Tots Sam I Am Creamed Spinach Suess' Cinnamon Roll Max's Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Cheese Cubes, Whole Grain Crackers, Water</p>	<p><u>BREAKFAST</u> Bacon & Pancakes Or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Turkey & Cheese Sandwich Sweet Potato Fries Steamed Broccoli Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Goldfish, 100% Fruit Juice</p>
<u>MONDAY 6</u>	<u>TUESDAY 7</u>	<u>WEDNESDAY 8</u>	<u>THURSDAY 9</u>	<u>FRIDAY 10</u>
<p><u>BREAKFAST</u> Waffles w/ Syrup Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Fish Sticks w/ Tartar Sauce Macaroni & Cheese Green Beans Seasoned Corn Chilled Applesauce Choice of Milk</p> <p><u>SNACK</u> Applesauce, Cheese Stick, Water</p>	<p><u>BREAKFAST</u> WG Muffin & Yogurt or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Cheese Ravioli in Marinara Sauce Sautéed Edamame Garlic Toast Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Whole Grain Teddy Grahams Banana Slices, Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Sausage Biscuit or Assorted Cereal w/Toast Banana Slices Choice of Milk</p> <p><u>LUNCH</u> Diced Chicken Mashed Potatoes Seasoned Green Peas Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Cheese Its 100% Fruit Juice</p>	<p><u>BREAKFAST</u> French Toast w/ Syrup Assorted Cereal w/Toast Berries Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Tacos Sour Cream, Guacamole Black Beans Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Fruit Yogurt, WG Graham Crackers Water</p>	<p><u>BREAKFAST</u> Scrambled Eggs & Grits Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Chicken Fillet on WG Bun Oven Roasted Potatoes Steamed Carrots Frozen Juice Bar Fresh Apple Wedges/ Apple sauce</p> <p><u>SNACK</u> Vanilla Wafers w/ WOW Butter Water</p>

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<u>MONDAY 13</u>	<u>TUESDAY 14</u>	<u>WEDNESDAY 15</u>	<u>THURSDAY 16</u>	<u>FRIDAY 17</u>
<p align="center"><u>NO SCHOOL</u></p> <p><u>PROFESSIONAL DEVELOPMENT</u></p>	<p><u>BREAKFAST</u> Peach "Pi" Parfait or Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Parmesan Noodles w/ Steamed Broccoli Buttered Corn Cinnamon Applesauce Choice of Milk</p> <p><u>SNACK</u> Cheerios Sliced Pears/Raisins Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Chicken Biscuit Or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Cheese Quesadilla Tomato, Sour Cream, Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Cheese Stick WWG Choc. Chip Oatmeal Bar Milk</p>	<p><u>BREAKFAST</u> Bacon & Pancakes or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Grilled Chicken w/ Dip Mashed Potatoes Seasoned Green Beans Mandarin Oranges Choice of Milk</p> <p><u>SNACK</u> Simply Chex-Strawberry, Applesauce</p>	<p><u>BREAKFAST</u> Scrambled Eggs, Sausage Link, Creamy Grits Or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Irish Nachos (queso blanco, sour cream, guacamole, Tomatoes) Steamed Broccoli Parmesan Steamed Carrots Sliced Pears Choice of Milk</p> <p><u>SNACK</u> Turkey & Cheese Roll Up Water</p>
<u>MONDAY 20</u>	<u>TUESDAY 21</u>	<u>WEDNESDAY 22</u>	<u>THURSDAY 23</u>	<u>FRIDAY 24</u>
<p><u>BREAKFAST</u> Cinnamon Roll Or Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Chicken Alfredo w/ WG Rotini Pasta Steamed Broccoli Peas & Carrots Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Nature Valley Cinnamon Crisps, 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Berry Patch Smooth, WG Graham Crackers Or Assorted Cereal w/Toast Banana Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Seasoned Corn Garlic Toast Sliced Pears Choice of Milk</p> <p><u>SNACK</u> Apple Cinnamon Cheerios, Milk LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Chicken & Waffles or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Hamburger on WG Bun Vegetarian Baked Beans Banana Slices Choice of Milk</p> <p><u>SNACK</u> Sugar-free Pudding Cup 100% Fruit Juice</p>	<p><u>BREAKFAST</u> Sausage Biscuit or Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Tacos Lettuce, Tomato, Salsa Sour Cream & Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Animal Crackers & Banana Water</p>	<p><u>BREAKFAST</u> Bacon & Pancakes Or Assorted Cereal w/Toast Mandarin Oranges Choice of Milk</p> <p><u>LUNCH</u> Turkey & Cheese Sandwich on WG Bread Sweet Potato Fries Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Whole Grain Muffin Milk</p>

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<u>MONDAY 27</u>	<u>TUESDAY 28</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>BREAKFAST</u> Chicken Biscuit Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Fish Sticks w/ Tartar Sauce Macaroni & Cheese Seasoned Green Beans Buttered Corn Chilled Applesauce Choice of Milk</p> <p><u>SNACK</u> WG Choc. Chip Oatmeal Bar 100% Fruit Juice</p>	<p><u>BREAKFAST</u> French Toast w/ Syrup or Assorted Cereal w/Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Cheese Ravioli on Marinara Sauce Sauteed Edamame Garlic Toast Sliced Peaches Choice of Milk</p> <p><u>SNACK</u> Cheerios Sliced Apple /Applesauce Water LEAN & GREEN DAY</p>	<p><u>BREAKFAST</u> Oatmeal w/ Brown Sugar Assorted Cereal w/Toast Sliced Pears Choice of Milk</p> <p><u>LUNCH</u> Chicken and Rice Seasoned Green Peas Honey Wheat Roll Mixed Fruit Choice of Milk</p> <p><u>SNACK</u> Cheez Its, Banana, Water</p>	<p><u>BREAKFAST</u> Egg & Cheese Biscuit Assorted Cereal w/Toast Sliced Peaches Choice of Milk</p> <p><u>LUNCH</u> Beef Soft Taco Tomato, Sour Cream, Guacamole Black Beans Pineapple Tidbits Choice of Milk</p> <p><u>SNACK</u> Fruit Yogurt, WG Graham Crackers Water</p>	<p><u>BREAKFAST</u> Manager's Choice Choice of Milk</p> <p><u>LUNCH</u> Manager's Choice Choice of Milk</p> <p><u>SNACK</u> Sliced Cheese, WG Crackers, 100% Fruit Juice</p>