

| MARCH 2020 LUNCH MENU      |                         |                        |                                   |                  |
|----------------------------|-------------------------|------------------------|-----------------------------------|------------------|
| MONDAY                     | TUESDAY                 | WEDNESDAY              | THURSDAY                          | FRIDAY           |
| 2                          | 3                       | 4                      | 5                                 | 6                |
| WGR Chicken Nuggets        | Stuffed Shells          | Vegetable Lo Mein      | WGR Chicken Parmesan              | WGR Cheese Pizza |
| Whole Grain Bread          | White Beans             | Whole grain Bread      | Green Beans                       | Carrots          |
| Mixed Vegetable            | Prince Edward Vegetable | Zucchini               |                                   |                  |
| 9                          | 10                      | 11                     | 12                                | 13               |
| WGR Chicken Fingers        | Vegetarian Chili        | Spanish Chick Pea Stew | Salisbury Steak                   | WGR Cheese Pizza |
| Italian Blend Vegetables   | Green Beans             | Brown Rice             | Whole Grain Bread                 | Mixed Vegetables |
|                            |                         | Carrots                | Mashed potato                     |                  |
| 16                         | 17                      | 18                     | 19                                | 20               |
| WGR Chicken Nuggets        | Stuffed Shells          | Lentil Daal            | LS Diced Chicken                  | WGR Cheese Pizza |
| Whole Grain Bread          | White Beans             | Green Beans            | Brown Rice                        | Carrots          |
| Mixed Vegetables           | Prince Edward Vegetable | Orange                 | Italian Blend Vegetables          |                  |
| 23                         | 24                      | 25                     | 26                                | 27               |
| WGR Chicken Fingers        | Vegetarian Chili        | Spanish Chick Pea Stew | Italian Meatballs in Tomato Sauce | WGR Cheese Pizza |
| California Vegetable blend | Green Beans             | Brown Rice             | Italian Blend Vegetables          | Mixed Vegetables |
|                            |                         | Green Beans            | Whole Grain Bread                 |                  |
| 30                         | 31                      |                        |                                   |                  |
| WGR Chicken Nuggets        | Stuffed Shells          |                        |                                   |                  |
| Whole Grain Bread          | White Beans             |                        |                                   |                  |
| Mixed Vegetables           | Prince Edward Vegetable |                        |                                   |                  |

\* There is always milk and a serving of fruit or veggies during breakfast,lunch and snacks.

Apples, Bananas, Pears, Oranges, Tangerines, various Melons, various Berries,Plums

String beans, Broccoli, Cauliflower, Pea, Mix veggies, Carrots, Corn, Sweet potatoes,beans

**\*\*IF YOUR CHILD ONLY DRINKS SOY or ALMOND MILK, WE NEED A CARTON EVERY WEEK OR TWO TO HELP US SERVE IT\*\***

**BACK UP MEALS: Grilled Cheese, Crackers & Cheese, Whole wheat pita & hummus**

**SNACKS:** Will always consist of a serving of fruit with: Greek yogurt, apple sauce, hummus, fresh vegetables, Crackers, Cheese, Animal Crackers, Unsalted Pretzels, Organic Cheese Stix, Veggie Stix, Pita Chips, etc.

**BREAKFASTS: Pancakes, waffles, French toast,oatmeal,cheerios,bread and cheese, scrambled eggs,jam**

**\*\* HAS NO PRESERVATIVES AND IS MINIMALLY PROCESSED\*\***

Our meals are regulated by the CACFP (Child and Adult Care Food Program) They approve our menu and they conduct inspections regularly