

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