

# March 2019

				<p>1  <b>Am:</b> pancakes, orange slices, water  <b>LUNCH:</b> grilled turkey and cheese sandwiches, tomato soup, orange slices, fresh broccoli, milk  <b>PM:</b> fresh veggies with ranch, wheat crackers, water  <b>EVENING:</b> apple slices, water</p>
<p>4  <b>AM:</b> whole wheat bagels and cream cheese, milk  <b>LUNCH:</b> ground turkey lasagna (whole wheat noodles), romaine salad, strawberries, milk  <b>PM:</b> biscuits and honey  <b>EVENING:</b> cucumber</p>	<p>5  <b>AM:</b> biscuits, grapes, water  <b>LUNCH:</b> homemade turkey chili, fresh onions and tomatoes, grapes, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> string cheese, water</p>	<p>6  <b>AM :</b> turkey bacon, hash browns  <b>LUNCH:</b> homemade turkey meatballs, whole wheat noodles, romaine lettuce, honeydew, milk  <b>PM:</b> bagel pizzas  <b>EVENING:</b> cucumber slices</p>	<p>7  <b>AM:</b> blueberry muffins  <b>LUNCH:</b> black bean, rice, and cheese burritos (whole wheat tortillas), grapes, corn, milk  <b>PM:</b> Applesauce, graham crackers  <b>EVENING:</b> grapes, water</p>	<p>8  <b>AM:</b> French toast sticks, strawberries, water  <b>LUNCH:</b> turkey and beef meatloaf, diced potatoes, fresh berries, green beans, milk  <b>PM:</b> cheese bread, apple slices  <b>EVENING:</b> baby carrots</p>
<p>11  <b>AM:</b> life cereal, milk  <b>LUNCH:</b> teriyaki chicken, romaine salad, pears, milk  <b>PM:</b> Tortilla chips, salsa and sour cream, water  <b>EVENING:</b> green grapes, water</p>	<p>12  <b>Am:</b> applesauce, graham crackers  <b>LUNCH:</b> turkey and cream cheese wraps with lettuce and tomatoes, grapes, carrots, milk  <b>PM:</b> cottage cheese and honeydew melon  <b>EVENING:</b> fresh green beans</p>	<p>13  <b>AM:</b> oatmeal, blueberries  <b>LUNCH:</b> turkey taco salad (lettuce, tomato, black beans, green onion, cheese,) bananas, milk  <b>PM:</b> black beans and cheese nachos  <b>EVENING:</b> goldfish crackers, water</p>	<p>14  <b>AM:</b> cinnamon toast, pears  <b>LUNCH:</b> enchilada bake with sour cream, fiesta corn, honey dew, milk  <b>PM:</b> tortilla chips with salsa and guacamole  <b>EVENING:</b> cheese slices, crackers</p>	<p>15  <b>AM:</b> whole wheat bagels, cream cheese, milk  <b>LUNCH:</b> corned beef with cabbage, carrots, and potatoes, apple slices, milk  <b>PM:</b> yogurt and granola  <b>EVENING:</b> apple slices, water</p>
<p>18  <b>AM:</b> Oatmeal, bananas  <b>LUNCH:</b> teriyaki chicken and rice, honeydew melon, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> string cheese, water</p>	<p>19  <b>AM:</b> cheerios, milk  <b>LUNCH:</b> bbq chicken sliders, grapes, corn, milk  <b>PM:</b> cheesebread, milk  <b>EVENING:</b> string cheese</p>	<p>20  <b>AM:</b> granola and fresh berries  <b>LUNCH:</b> English muffin pizza (peperoni and cheese), honeydew, cauliflower, milk  <b>PM:</b> string cheese and pears  <b>EVENING:</b> tortilla chips</p>	<p>21  <b>AM:</b> blueberry muffins, milk  <b>LUNCH:</b> spaghetti with turkey meat sauce, romaine lettuce, corn, apples, milk  <b>PM:</b> fruit salad, graham crackers  <b>EVENING:</b> baby carrots</p>	<p>22  <b>AM:</b> turkey bacon, scrambled eggs  <b>LUNCH:</b> homemade mac and cheese, sugar snap peas, honeydew, milk  <b>PM:</b> chips and guac, milk  <b>EVENING:</b> apple slices, water</p>
<p>25  <b>AM:</b> biscuits and strawberries, water  <b>LUNCH:</b> Taco bar, ground turkey, fresh tomato, onion, lettuce, cheese, pinto beans, tortillas, pears, milk  <b>PM:</b> string cheese, apple slices  <b>EVENING:</b> cucumbers</p>	<p>26  <b>AM:</b> cottage cheese, bananas  <b>LUNCH:</b> bake potato bar (tomatoes, cheese, turkey bacon, butter) melon, romaine salad  <b>PM:</b> cornbread with butter and honey, milk  <b>EVENING:</b> strawberries</p>	<p>27  <b>AM:</b> oatmeal, raisins, milk  <b>LUNCH:</b> veggie pasta bake (mushrooms, zucchini), romaine lettuce, corn, apples, milk  <b>PM:</b> chips and salsa  <b>EVENING:</b> apple slices</p>	<p>28  <b>AM:</b> whole wheat toast and butter, apple slices  <b>LUNCH:</b> homemade turkey chili, fresh onions and tomatoes, grapes, corn, milk  <b>PM:</b> veggies with hummus, crackers  <b>EVENING:</b> string cheese</p>	<p>29  <b>AM:</b> blueberry muffins  <b>LUNCH:</b> black bean, rice, and cheese burritos (whole wheat tortillas), grapes, corn, milk  <b>PM:</b> fresh berries, milk  <b>EVENING:</b> grapes, water</p>