

Menu for March 2020



MONTESSORI
Our program is Peanut/Tree nut, Pork, and Shellfish free!
This institution is an equal opportunity provider. Menus are subject to change.

NUTRITION TO GO

Not many foods are as wholesome as a fresh potato. It's loaded with complex carbohydrates, and it also delivers protein and many vitamins and minerals. The skin actually contains more fiber, iron, calcium, and other nutrients per weight than the flesh. Processed potatoes aren't as nutritious as fresh.

A QUICK BITE FOR PARENTS

Monday, March 2

BREAKFAST
WG Cheerios
Pineapple
Unflavored Fat Free or 1% Milk

LUNCH
Cheese Ravioli
WG Bread
Carrots
Fresh Fruit
Unflavored Fat Free or 1% Milk

Tuesday, March 3

BREAKFAST
WG Waffles
Applesauce
Unflavored Fat Free or 1% Milk

LUNCH
Swedish Meatballs w/ WG Pasta
Tossed Salad w/ Fresh Fruit
Unflavored Fat Free or 1% Milk

Wednesday, March 4

BREAKFAST
WG Cereal
Graham Crackers
Peaches
Unflavored Fat Free or 1% Milk

LUNCH
Hamburger on WG Bun, Cheese Slice, Tator Tots
Pears
Unflavored Fat Free or 1% Milk

Thursday, March 5

BREAKFAST
Egg Patty on WG Bread
Mixed Fruit
Unflavored Fat Free or 1% Mi

LUNCH
BBQ Grilled Chicken
WG Rice & Beans
Apricots
Unflavored Fat Free or 1% Milk

Friday, March 6

BREAKFAST
WG Apple Muffin
Fresh Fruit
Unflavored Fat Free or 1% Milk

LUNCH
Turkey w/Gravy
WG Dinner Roll
Corn
Applesauce
Unflavored Fat Free or 1% Milk



Collage is a type of visual art made by sticking cloth, pieces of paper, photographs, and other objects onto a surface. Collage was invented by the famous Spanish painter Pablo Picasso. The word "collage" comes from the French word "coller," which means "to paste."

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 9

BREAKFAST
WG Kix
Fresh Fruit
Unflavored Fat Free or 1% Milk

LUNCH
Ground Beef
Taco on Soft Tortilla
Fiesta Corn
Pineapple
Unflavored Fat Free or 1% Milk

Tuesday, March 10

BREAKFAST
WG French Toast
Sticks
Pears
Unflavored Fat Free or 1% Milk

LUNCH
Roast Turkey w/ Gravy
WG Bread
Sweet Potatoes
Fresh Fruit
Unflavored Fat Free or 1% Milk

Wednesday, March 11

BREAKFAST
WG Mini Bagel w/Cream Cheese
Orange Wedges
Unflavored Fat Free or 1% Milk

LUNCH
Grilled Chicken w/Gravy
WG Dinner Roll
Green Beans
Fresh Fruit
Unflavored Fat Free or 1% Milk

Thursday, March 12

BREAKFAST
WG Cheerios
Fresh Fruit
Unflavored Fat Free or 1% Milk

LUNCH
WG Pasta & Meatballs w/ Marinara
Tossed Salad
Pears
Unflavored Fat Free or 1% Milk

Friday, March 13

BREAKFAST
WG Pancakes
Applesauce
Unflavored Fat Free or 1% Milk

LUNCH
WG Chicken Tenders
WG Bread
Broccoli
Fresh Fruit
Unflavored Fat Free or 1% Milk

Monday, March 16

BREAKFAST
WG Corn Flakes
Fresh Fruit
Unflavored Fat Free or 1% Milk

LUNCH
Teriyaki Chicken,
WG Dinner Roll
Green Beans
Fresh Fruit
Unflavored Fat Free or 1% Milk

Tuesday, March 17

BREAKFAST
WG Waffles
Applesauce
Unflavored Fat Free or 1% Milk

LUNCH
Macaroni & Cheese, WG Bread
Broccoli
Peach Cup
Unflavored Fat Free or 1% Milk

Wednesday, March 18

BREAKFAST
Egg Patty on WG Bread
Mixed Fruit
Unflavored Fat Free or 1% Milk

LUNCH
Meatloaf, WG Bread
Mashed Potatoes
Fresh Fruit
Unflavored Fat Free or 1% Milk

Thursday, March 19

BREAKFAST
English Muffin
Mandarin Oranges
Unflavored Fat Free or 1% Milk

LUNCH
Chicken Patty
WG Dinner Roll
Carrots
Fresh Fruit
Unflavored Fat Free or 1% Milk

Friday, March 20

BREAKFAST
WG Rice Krispies
Fresh Fruit
Unflavored Fat Free or 1% Milk

LUNCH
Hamburger on WG Bun, Cheese Slice,
Baked Beans
Pears
Unflavored Fat Free or 1% Milk

Monday, March 23

BREAKFAST
WG Kix
Pears
Unflavored Fat Free or 1% Milk

LUNCH
Chicken Tenders
WG Biscuit
Sweet Potatoes
Fresh Fruit
Unflavored Fat Free or 1% Milk

Tuesday, March 24

BREAKFAST
Egg Patty on WG Bread
Fresh Fruit
Unflavored Fat Free or 1% Milk

LUNCH
Chicken Burger On WG Roll,
Mixed Vegetables
Mandarin Oranges
Unflavored Fat Free or 1% Milk

Wednesday, March 25

BREAKFAST
WG Rice Krispies
Peaches
Unflavored Fat Free or 1% Milk

LUNCH
Baked Ziti
Tossed Salad
Fresh Fruit
Unflavored Fat Free or 1% Milk

Thursday, March 26

BREAKFAST
WG French Toast
Applesauce
Unflavored Fat Free or 1% Milk

LUNCH
BBQ Beef Rib on a WG Roll
Baked Beans
Mixed Fruit
Unflavored Fat Free or 1% Milk

Friday, March 27

BREAKFAST
WG Mini Bagel
Cream Cheese
Orange Wedges
Unflavored Fat Free or 1% Milk

LUNCH
American Chop Suey, Corn
Pears
Fresh Fruit
Unflavored Fat Free or 1% Milk

Monday, March 30

BREAKFAST
WG Apple Muffin
Fresh Fruit
Unflavored Fat Free or 1% Milk

LUNCH
Sloppy Joe on A Bun
Green Beans
Fresh Fruit
Unflavored Fat Free or 1% Milk

Friday, March 20

BREAKFAST
English Muffin
Orange Wedges
Unflavored Fat Free or 1% Milk

LUNCH
Chicken
Parmesan & Pasta Slice,
Tossed Salad
Peaches
Unflavored Fat Free or 1% Milk