



March 2019



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Serving Sizes for 3-5 year olds BREAKFAST

veg, fruit, or both 1/2 cup
grains 1/2 slice
cereal: hot 1/4 cup
cereal: (dry,cold)
Flakes or rounds 1/2 cup
Puffed cereal 3/4 cup
Granola 1/8 cup
milk: 3/4 cup

LUNCH

meat, meat alternates
1 1/2 oz..
vegetables 1/4 cup
fruit 1/4 cup
grains 1/2 slice
cooked pasta 1/4 cup
cheese 1 1/2 oz.
yogurt 6oz or 3/4 cup
milk: 3/4 cup

SNACK

meat, meat alternates
1/2 oz..
cheese 1/2 oz.
Yogurt 2oz. or 1/4 cup
Vegetables 1/2 cup
Fruit 1/2 cup
grains 1/2 slice
milk 4 oz.

All FRUIT JUICE is
100% juice
IF YOUR CHILD HAS
ALLERGIES OR OTHER
FOOD CONCERNS,
PLEASE CONTACT
YOUR
FAMILY ADVOCATE !

* Whole grain

	3/4/2019	3/5/2019	3/6/2019	3/7/2019	3/8/2019
					No School
	bagel w/ spread juice, milk *pepperoni pizza tossed salad apple slices milk *sun chips milk	corn flakes orange slices, milk pork chop, *roll mashed potatoes cantaloupe milk string cheeses juice	Biscuit, juice milk ham on *wheat bread cauliflower pineapple milk carrot sticks milk	cinnamon bread juice, milk sloppy joes on *bun tater tots, string cheese banana milk tropical fruit milk	No School
					3/15/2019
	apple cinnamon cereal juice, milk popcorn chicken *breadstick carrot sticks, pears milk cottage cheese peaches, water	pancakes, juice milk *macaroni & cheese broccoli applesauce milk cheerios milk	*mini wheats juice, milk hot dog slices buttered noodles green beans, tropical fruit milk apple slices cheese cubes, water	*english muffin juice, milk ham slice, *roll scalloped potatoes orange slices milk *tortilla chips, salsa water	NO SCHOOL
					3/22/2019
	*kix cereal, juice milk cheesy breadstick broccoli pineapple milk cheese, crackers water	*french toast sticks juice, milk chicken salad on croissant, pears baked beans milk hard boiled egg milk	yogurt juice, milk fiestada pizza green beans mandarin oranges milk corn bread milk	rice krispie cereal juice, milk Turkey on *wheat bread tater tots applesauce milk graham crackers milk	Week Menu for West & Geauga Centers only Painesville Center on Spring Break
					3/29/2019
	*kix cereal, juice milk cheesy breadstick broccoli pineapple milk cheese, crackers water	*french toast sticks juice, milk chicken salad on croissant, pears baked beans milk hard boiled egg milk	yogurt juice, milk fiestada pizza green beans mandarin oranges milk corn bread milk	rice krispie cereal juice, milk Turkey on *wheat bread tater tots applesauce milk graham crackers milk	Week Menu for Painesville only West & Geauga Centers on Spring Break

This Institution is an equal opportunity provider.