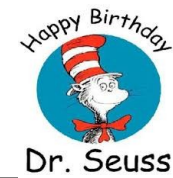




March 2019



Mon

Tue

Wed

Thu

Fri

				1 Biscuit with Jelly, Honeydew Melon Brown Rice, Chicken Nuggets, Green Beans, Clementines
4 WG Cream of Wheat, Apples Sunbutter and Jelly Sandwiches, Raw Veggie Tray with Hummus, Cantaloupe	5 WG Kix Cereal, Banana Waffles, Turkey Sausage Links, Sliced Potatoes, Grapes	6 Biscuit, Scrambled Eggs, Pears Brown Rice, Marinated Chicken, Black Beans, Raw Veggie Tray, Oranges	7 Banana Bread, Applesauce WG Bun, Beef Hamburger, Sliced Cheese, Sweet Potato Fries, Apples	8 WG Bagel with Cream Cheese, Fruit Cocktail WG Rotini Pasta, Chicken Chunks with Alfredo Sauce, Broccoli, Pears
11 Cinnamon Bread, Mandarin Oranges WG Bun, BBQ Ground Chicken, Cauliflower, Pineapple	12 Hard Boiled Eggs, WG Toast, Cantaloupe Cheese Quesadilla, Spanish Rice, Corn, Raw Veggie Tray, Apples	13 Crispy Rice Cereal, Fruit Cocktail WG Macaroni and Cheese, Beef Meatloaf, Peas/Carrots, Grapes	14 WG Oatmeal, Mixed Berries Make Your Own English Muffin Pizza, Peas, Bananas	15 WG Chex Cereal, Apples Blueberry Pancakes, Egg Patty, Carrot, Fresh Fruit Salad
18 Waffles, Peaches WG Spaghetti, Ground Beef, Tomato Sauce, Green Beans, Oranges	19 Scrambled Eggs with Sliced Cheese, Pears WG Tortilla, BBQ Shredded Chicken, California Vegetable Blend, Honeydew Melon	20 WG Oatmeal, Pineapple Brown Rice, Fish Sticks, Carrot, Applesauce	21 WG Life Cereal, Banana Veggie Pancakes, Cottage Cheese, Peas, Peaches	22 Fruited Muffins, Oranges Grilled Cheese, Mashed Sweet Potatoes. Raw Veggie Tray, Oranges
25 Scrambled Eggs, Fruit Cocktail Brown Rice, Ground Chicken, Salsa, Black Beans/Corn, Raw Veggie Tray, Pears	26 English Muffin with Jelly, Oranges WG Tortilla, Ground Beef, Shredded Cheese, Shredded Lettuce, Green Beans, Apples	27 Applesauce Bread, Banana French Toast, Sausage Patty, Broccoli/Cauliflower Mix, Applesauce	28 WG Cream of Wheat, Blueberries WG Bun, Beef Meatballs, Tomato Sauce. Shredded Cheese, Peas, Cantaloupe	29 Toasted O's Cereal, Pears WG Cheese Pizza, Carrots, Watermelon

See CACFP Healthy Child Meal Pattern for serving sizes

We follow Age 1-2 meal patterns for Sparrows, Chickadees and Swans and Ages 3-5 meal patterns for all other classrooms. Milk is served at Breakfast & Lunch. 1% milk is served to children 2 yrs and older. A variety of cold cereal is served, all with under 6 grams of sugar. Lunch is served with a whole grain bread when a grain is not on the menu. Raw veggies or a fresh fruit platter are served with every lunch as an extra offering. Allowable Substitutions will be made if menu items are not available.

Special Notations:

WW = Whole Wheat

WG = Whole Grain

Campus Pre-School makes every effort to accommodate food allergies and sensitivities. We serve CACFP recommended substitutions. If you wish to discuss your child's dietary needs, please stop in at the main office. A doctor's note may be required for accommodations. Families can bring food from home for their child after a discussion has taken place with the office and any needed documentation is provided.

Vegetable platters are served with every lunch. They may include items such as raw tomatoes, cucumbers, celery, peppers, snap peas, green beans and carrots etc. as appropriate for the age of the children in the classroom. When Veggie Trays are on the menu, the quantities of raw vegetables are increased to meet creditable vegetable standards.