



# "Box" Menu

## March 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
<b>Breakfast</b>	Corn Flakes, Apples, Milk	Kix (WG), Fruit Cup, Milk	Trix (WG), Apple Sauce Milk	Croissants (WG) Oranges Milk	Eggo Waffles, Apples, Milk
<b>Lunch/ Dinner</b>	Pizza Sticks (WG), String Cheese, Corn, Oranges, Milk	Sunbutter & Jelly Sandwich (WG), Green Beans, Apple Sauce, Milk	Hot Dog & Bun (WG), Peas & Carrots, Fruit Cup, Milk	Cheese Sandwich, Apples, Corn Cup, Milk	Deli Kaiser Roll, Baby Carrots, Oranges, Milk
<b>Snack</b>	Cheez Its, Apple Juice	Mini Snackers, Berry Juice	Pretzels, Orange Juice	Tiger Bites, Apple Juice	Chex Mix (WG), Berry Juice
	10	11	12	13	14
<b>Breakfast</b>	Coco Puffs, Oranges, Milk	Scooters (WG)s, Apple Sauce, Milk	Yogurt, Mixed Fruit Cup, Milk	Croissants (WG), Apples, Milk	Corn Flakes, Oranges, Milk
<b>Lunch/ Dinner</b>	Pizza Sticks (WG), String Cheese, Apples,, Green Beans, Milk	MS Chik N Nuggets, Roll, Peas & Carrots, Fruit Cups, Milk	Hot Dog & Bun (WG), Corn, Apple Sauce, Milk	Cheese Sandwich, Green Beans, Oranges, Milk	Tuna Salad, Roll (WG), Baby Carrots, Apples, Milk
<b>Snack</b>	Maple Bites, Berry Juice	Animal Crackers (WG), Apple Juice	Muffins, Orange Juice	Cheez Its, Berry Juice	Mini Snackers, Orange Juice
	17	18	19	20	21
<b>Breakfast</b>	Kix (WG), Apples, Milk	Trix (WG), Fruit Cup, Milk	Coco Puffs (WG), Apple Sauce, Milk	Croissants (WG), Oranges, Milk	Honey Scooters (WG), Apple Slices, Milk
<b>Lunch/ Dinner</b>	Pizza Sticks(WG), String Cheese, Peas & Carrots, Oranges, Milk	Sunbutter & Jelly Sandwiches (WG), Corn, Apple Sauce, Milk	Hot Dog & Bun (WG), Green Beans, Mixed Fruit, Milk	Cheese Sandwich, Apples, Peas & Carrots, Milk	Deli Meat, Kaiser Roll (WG), Baby Carrots, Oranges, Milk
<b>Snack</b>	Pretzels, Berry Juice	Tiger Bites, Apple Juice	Chex Mix, Orange Juice	Maple Bites, Berry Juice	Muffins, Apple Juice
	24	25	26	27	28
<b>Breakfast</b>	Eggo Waffles (WG), Oranges, Milk	Crispy Rice, Apple Sauce, Milk	Corn Flakes, Mixed Fruit Cup, Milk	Philly Rolls, Apples, Milk	Kix (WG), Oranges, Milk
<b>Lunch/ Dinner</b>	Pizza Sticks, (WG), String Cheese, Corn, Apples, Milk	Chicken Patty, Bun (WG), Green Beans, Fruit Cup, Milk	Hot Dog & Bun (WG), Peas & Carrots, Oranges, Milk	Cheese Sandwich (WG), Corn, Oranges, Milk	Veggie Burger, Bun (WG), Cheese, Baby Carrots, Apple Wedges, Milk
<b>Snack</b>	Cheez Its, Apple Juice	Mini Snackers, Orange Juice	Pretzels, Apple Juice	Snack Loaf, Berry Juice	String Cheese, Cherry Tomatoes
	31				
<b>Breakfast</b>	Trix (WG), Apples, Milk				
<b>Lunch/ Dinner</b>	Pizza Sticks (WG), String Cheese, Green Beans, Apples, Milk				
<b>Snack</b>	Maple Bites, Orange Juice				

1% milk served to children age 3 and older, Whole milk served to children age 1-2 years.

Choice of Juice: Fruit Punch / Apple / Orange / Berry

\*Supplied by Bulk/Supply deliveries. Please fill out online order form when in need of supplies or paper products.





# MEAL PATTERNS



## Breakfast

Serve Milk, Grains\*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving   1/2 oz eq	1/2 serving   1/2 oz eq	1 serving   1 oz eq	2 servings   2 oz eq

\*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

## Lunch/Supper

Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 serving   1/2 oz eq	1/2 serving   1/2 oz eq	1 serving   1 oz eq	2 servings   2 oz eq

\* A serving of milk is not required at supper meals for adults - \* oz. eq = ounce equivalents

## Snack

Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	1/2 cup - 1% milk	1 cup - 1 % milk	1 cup - 1 % milk
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains	1/2 serving   1/2 oz eq	1/2 serving   1/2 oz eq	1 serving   1 oz eq	1 serving   1 oz eq

\*oz. eq = ounce equivalents

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