



March 2025 "Hot" Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
Breakfast	Breakfast Wrap (Tortilla (WG), Cheese, MS Sausage), Apple Sauce*, Milk	Cinnamon Raisin Bagel, Mixed Fruit*, Milk	Croissants, Bananas, Milk	Honey Scooters* (WG), Pineapple Chunks, Milk	French Toast (WG), Pears*, Milk
Lunch/ Dinner	Ziti, Peas & Carrots, Peaches, Milk	Tuna Salad, Dinner Roll (WG), Green Beans*, Peaches*, Milk	MS Veggie Burger, Bun (WG), Cheese, French Fries, Pears*, Milk	Pizza Bagels, Cheese, Mini Peppers, Apple Sauce*, Milk	MS Chic N Nuggets, Dinner Roll (WG), Corn*, Mixed Fruit*, Milk
Snack	Maple Bites*, Milk	Mini Snackers*, String Cheese	Pretzels*, Pears*	Animal Crackers* (WG), Chickpea Butter Dip	Muffins (WG), Milk
	10	11	12	13	14
Breakfast	Eggo Pancakes, Mixed Fruit*, Milk	Trix*, Apple Wedges, Milk	Philly Rolls (WG), Pineapple*, Milk	Scooters*, Pears*, Milk	Hash Browns, MS Sausage, 1/2 Bagel (WG), Milk
Lunch/ Dinner	Pasta Bolognese, Broccoli, Clementines, Milk	Hot Dog & Bun (WG), Beans, Peaches* , Milk	Fish Sticks, Rice, Cantaloupe Chunks, Green Beans*, Milk	Sliders, Buns (WG), French Fries, Baby Carrots, Milk	Deli Meat, Pretzel Bun, Pineapple Chunks, Peas, Milk
Snack	Graham Crackers* (WG), Milk	Cheddar Chex Mix*, Apple Juice*	Salsa, Tortilla Chips (WG)	Tiger Bites*, Milk	Mini Snackers*, Grape juice*
	17	18	19	20	21
Breakfast	Cinnamon Raisin Bagels & Cream Cheese, Apple Sauce*, Milk	Granola(WG) & Yogurt, Peaches*, Milk	Eggo Waffles, Clementines, Milk	Cocoa Puffs*(WG), Apple Sauce*, Milk	Corn Flakes*(WG), Raisins, Milk
Lunch/ Dinner	Veggie Burgers, Buns (WG), Cheese, French Fries, Corn*, Milk	Spaghetti & Meatballs, Mini Peppers, Green Beans*, Milk	Pizza Bagels, Cheese, Cherry Tomatoes, Apple Wedges, Milk	Chicken Nuggets, Pierogies, French Fries, Pears*, Milk	Mac & Cheese, Peas & Carrots, Peaches*, Milk
Snack	Corn Chips*, Pineapple Juice	Lemon Blueberry Crisps (WG), Milk	Cheez Its*(WG), Grape Juice*	Muffins, Milk	Pretzels*, Grape Juice*
	24	25	26	27	28
Breakfast	1/2 Bagel, Hash Brown, Milk	Kix*(WG), Apples, Milk	Philly Rolls (WG), Mandarin Oranges, Milk	Honey Scooters* (WG), Bananas, Milk	Pancakes, Mixed Fruit*, Milk
Lunch/ Dinner	Chicken Patty, Bun (WG), Green Beans*, Mixed Fruit*, Milk	Chicken LoMein, Broccoli, Oranges, Milk	Hot Dog, Bun (WG), Beans, Corn*, Milk	Penne & Blush Sauce, Peas, Apple Sauce*, Milk	Chocolate Chickpeabutter Sandwiches (WG), Cucumbers, Apple Wedges, Milk
Snack	Tiger Bites*, Milk	Yogurt, Granola(WG)	Snack Loaf, Milk	String Cheese, Cherry Tomatoes	Animal Crackers*, Milk
	31				
Breakfast	Waffles, Peaches*, Milk				
Lunch/ Dinner	Lasagna, Corn*, Pears*, Milk				
Snack	Cheddar Chex Mix*(WG), Apple Juice*				

**Supplied by Bulk/Supply deliveries. Please fill out online order form 2 weeks before supplies or paper products are needed.*

All Breakfasts and Lunches served with 1% milk for children age 3 and older and Whole milk for children age 1-2 years.



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*

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*