

# CHEF PREPARED MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		a.m. Yogurt W/ Blueberries <b>Ham, Potato &amp; Veggie Bake</b> <b>Wheat Bread</b> <b>Zucchini &amp; Squash</b> <b>Mandarin Oranges</b> p.m. Sun butter & Jam Sandwich Squares	a.m. Cinnamon Toast & Milk <b>Chicken and *Broccoli Pasta</b> <b>Garlic Bread</b> <b>Peas &amp; Carrots</b> <b>Mixed Fruit</b> p.m. Carrots & Ranch Dip	a.m. Pancakes w/ Banana Slices <b>Spaghetti W/ Marinara</b> <b>Sauce</b> <b>Garlic Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Italian</b> <b>*Apple Slices</b> p.m. Cheese & *Tomato Quesadilla
6	7	8	9	10
a.m. Bagels & Cream Cheese <b>Tuna Salad Sandwich</b> <b>On Wheat Bread</b> <b>Green Beans</b> <b>Pears</b> p.m. Cheese Slices & Whole Wheat Crackers	a.m. Sausage Biscuit <b>Soft Tacos</b> <b>Refried Pinto Beans</b> <b>Corn</b> <b>Pineapple</b> p.m. English Muffin Pizzas	a.m. Wheat Cheese Toast <b>Chicken, Brown Rice &amp;</b> <b>Cheese Casserole</b> <b>Wheat Bread</b> <b>*Broccoli</b> <b>Mandarin Oranges</b> p.m. *Apple Slices & Milk	a.m. Whole Grain Pancakes & Jam <b>Parmesan Chicken with</b> <b>Linguine Pasta</b> <b>Wheat Bread</b> <b>Carrots</b> <b>Bananas</b> p.m. Bananas & Pretzel	a.m. Whole Grain Fig Bars <b>Lemon &amp; Broccoli Rotini</b> <b>Wheat Bread</b> <b>Peas</b> <b>*Apple Slices</b> p.m. Sun Butter & Jam Sandwich Squares
13	14	15	16	17
a.m. Chex Cereal & Milk <b>Beef, Bean &amp; Cheese</b> <b>Burritos</b> <b>Flour Tortillas</b> <b>Asparagus</b> <b>Peaches</b> p.m. Baked Cheese Crackers	a.m. Fruit Muffins <b>Rotini Pasta Salad w/ Ham,</b> <b>*Broccoli and Cheese</b> <b>Wheat Bread</b> <b>Cauliflower</b> <b>Apple Sauce</b> p.m. Rice Cakes & Cucumber Slices	a.m. Pumpkin Spiced Oatmeal <b>Sesame Chicken Slaw Wraps</b> <b>Flour Tortillas</b> <b>Zucchini &amp; Squash</b> <b>Mixed Fruit</b> p.m. *Fresh Melon & Crackers	a.m. English Muffins & Sun Butter <b>Chicken Taco Casserole</b> <b>Flour Tortillas</b> <b>Peas &amp; Carrots</b> <b>*Fresh Melon</b> p.m. *Apples & Cheese Slices	a.m. Warm Cinnamon *Apples & Graham Crackers <b>Shells &amp; Cheese w/ *Broccoli</b> <b>Toasted Pita Bread</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Italian</b> <b>Bananas</b> p.m. English Muffins w/ Sun butter & Bananas Slices
20	21	22	23	24
a.m. Bagels & Cream Cheese <b>Teriyaki Chicken</b> <b>w/ Rice</b> <b>Snap Peas</b> <b>Pineapple</b> p.m. Cheese Slices & Whole Wheat Crackers	a.m. Sausage Biscuit <b>Sloppy Joes Sandwiches</b> <b>On Wheat Bread</b> <b>Coleslaw</b> <b>Pears</b> p.m. English Muffin Pizzas	a.m. Wheat Cheese Toast <b>Tuna Noodle Casserole</b> <b>Toasted Pita Bread</b> <b>Corn &amp; Fresh *Tomato</b> <b>Mandarin Oranges</b> p.m. *Apple Slices & Milk	a.m. Whole Grain Pancakes & Jam <b>Chicken Fajitas with Cheese</b> <b>Flour Tortillas</b> <b>*Tomato &amp; Cheese Salad</b> <b>w/ Low Fat Ranch</b> <b>*Fresh Melon</b> p.m. Bananas & Pretzel	a.m. Whole Grain Fig Bars <b>Bean and Cheese Burritos</b> <b>Flour Tortillas</b> <b>Mixed Vegetables</b> <b>*Apple Slices</b> p.m. Sun Butter & Jam Sandwich Squares
27	28	29	30	31
a.m. Chex Cereal & Milk <b>Chicken and Cheese Enchi-</b> <b>ladas</b> <b>Spanish Rice</b> <b>Corn</b> <b>Apple Sauce</b> p.m. Baked Cheese Crackers	a.m. Fruit Muffins <b>Potato Beef Bake</b> <b>Wheat Bread</b> <b>Carrots</b> <b>Mandarin Oranges</b> p.m. Rice Cakes & Cucumber Slices	a.m. Pumpkin Spiced Oatmeal <b>Oven Roasted Chicken</b> <b>w/ Stuffing</b> <b>Wheat Bread</b> <b>Green Beans</b> <b>Peaches</b> p.m. *Fresh Melon & Crackers	a.m. English Muffins & Sun Butter <b>Beef Ravioli</b> <b>Wheat Bread</b> <b>Chopped Broccoli</b> <b>Mixed Fruit</b> p.m. *Apples & Cheese Slices	a.m. Warm Cinnamon *Apples & Graham Crackers <b>Vegetable Soup</b> <b>Toasted Cheese Sandwich</b> <b>Peas</b> <b>Bananas</b> p.m. English Muffins w/ Sun butter & Bananas Slices



March  
2023

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



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- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered

\* **Indicates local Farm Fresh Options**

