

Milked served: Un-flavored 1% for children ≥ 2 yrs. old
 Whole Unflavored Milk for children 12-23 months old

TLC MEAL MENU
MARCH 2020

Our Center participates in a USDA funded program and
 is an equal opportunity provider and employer

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date:	MARCH 02, 2020	March 3	March 4	March 5	March 6
Breakfast	Cereal: Life, Sliced Apples, Milk	Toasted Bagels, Bananas, Milk	Waffles, Pineapple, Milk	French toast sticks, Mandarin oranges, Milk	WG Pancakes, Applesauce, Milk
Lunch	Chicken Patty on WG Bun, green beans, fruit cocktail, Milk	Hot dog on (WG) bun, Baked beans, cheese stick, Orange wedges, Milk	Spaghetti w/meat sauce, tossed salad (ranch), apple Roll, Milk	Nachos with Beans, Beef, cheese and tomatoes, Sliced cucumbers, Milk	Chicken, cheese and Rice Casserole, Peas, Pears, Milk
PM Snack	Gold Fish Crackers, Sliced Apples, Water	Animal Crackers, Yogurt, Kiwi, Water	Mini muffins, Applesauce, Milk	Bananas, Graham crackers, Water	Ham and cheese wrap, Grapes, water
Date:	9	10	11	12	13
Breakfast	Cereal: WG Toasted Oats, sliced oranges, milk	Oatmeal, mixed berries, Milk	Cantaloupe chunks, WG English muffin, Milk	WG Pancakes, Applesauce, Milk	Breakfast Burrito (WG tortilla) sliced oranges, Milk
Lunch	Chicken and Cheese burrito (WG tortilla), Refried beans, strawberries, Milk	"Goulash" WG noodles w/beef, cheese & spaghetti sauce, Salad, Pineapple, Milk	Teriyaki Chicken, Mixed Veggies, diced pears, WG roll, Milk	Beef, cheese & Tator-tot casserole, Green beans, apple, WG roll, Milk	Turkey and cheese sandwich, carrots w/ ranch, Grapes, Milk
PM Snack	Cheese Sticks, Ritz crackers, Apple slices, Water	Bean Dip, Cheese Crackers, Apples, Water	Cottage Cheese, wheat thins, pineapple, water	Ritz crackers, Cucumber slices, Sliced Oranges	Whole Grain Cereal, Milk, Banana
Date:	16	17	18	19	20
Breakfast	Cereal: Special-K w/berries Bananas, Milk	Waffles, Mango, Milk	WG Pancakes, Applesauce, Milk	Breakfast Burrito (eggs, ham, cheese) Banana, Milk	French Toast, Fruit Cocktail, Milk
Lunch	Ham or Turkey & Cheese Sandwich, carrot & celery, diced Pears, milk	Beef Hot dog on (WG) bun, Baked beans, cheese stick, Fruit Cocktail, Milk	Chicken Legs, Mashed Potatoes, Green Beans, Peaches, Bread, Milk	Tuna Salad, Saltine Crackers, Corn, Yogurt, Pineapple, Milk	Chicken Sandwich on (WG) Bun , Corn on the cob, oranges Milk
PM Snack	Veggie Straws, Apples, Water	Graham Crackers, Yogurt, Water	Cheese Stick, Ritz Crackers, Water	Blueberry/Banana Muffins, Peaches, Water	Chees-it-crackers, cucumber slices and carrots, water
Date:	23	24	25	26	27
Breakfast	Cereal: Multi-Grain Cheerios, Sliced Apples, Milk	WG Pancakes, Applesauce, Milk	Biscuits (w/butter and jelly if wanted) Bananas, Milk	French Toast, Blueberries, Milk	Waffles, Strawberries, Milk
Lunch	Bean and Cheese burrito (WG tortilla), corn, pears, Milk	Macaroni-Cheese and Ham Casserole, Salad w/Ranch, dinner roll, Apple, Milk	Beef & Tator tot casserole, Salad w/Ranch, dinner roll, Apple Slices, Milk	Soft Burritos: Beans, beef, cheese) Tomatoes & cucumbers, peaches, Milk	Diced Chicken & Rice Casserole, Green Beans, Fruit Cocktail, Milk
PM Snack	Graham Crackers, Bananas, Water	Turkey, Cheese, saltine crackers, Oranges, Water	Graham Crackers, Peaches, Water	Mini Muffins, Apples, water	Goldfish Crackers, carrots & cumber slices , water
Date:	30	31	APRIL 1	APRIL 2	APRIL 3
Breakfast	Cereal: Special K w/red berries, Sliced Oranges, Milk	WG Pancakes, Applesauce, Milk	Raisin Bread/Toast, Peaches, Milk	Waffles, Mixed Fruit, Milk	French Toast, Pineapple, Milk
Lunch	Turkey & Cheese (WG) sandwich, carrot sticks, Sliced Apples, Milk	Chicken, mashed potatoes, corn, peaches, Milk	Egg and cheese sandwich on WG bun, Tator Tots, sliced apples, Milk	Macaroni & cheese with beef, Salad, pineapple, (WG) roll, Milk	Cowboy Pasta, Green beans, Strawberries, Milk
PM Snack	Mini Bagels with Cream Cheese, Bananas, Water	Cheddar cheese crackers, cucumber slices, water	Yogurt, strawberries, Graham Crackers, Water	Nacho Chips, Cheese Sauce, Grapes, Water	Bean & cheese burrito, apples, water

** Due to Allergies, Sun-butter will be used in place of peanut butter and hot dogs will be "all- beef" in place or pork

WG indicates Whole Grain