

March Supper Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>DAILY MILK CHOICES</u> 1% WHITE NON FAT CHOCOLATE		1) MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	2) BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	3) TUNA (1oz) CRACKERS (2oz) YOGURT (4oz) JUICE (1/2 Cup)
6) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	7) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	8) CEREAL AND CRACKER WG (2.0oz.) YOGURT (4oz) TRAIL MIX (1oz) BANANA (4oz)	9) Brown Sugar Crumb CakeWG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	10) CEREAL BAR WG (2.6 oz.) YOGURT (4oz) TRAIL MIX (1oz) FRUIT CUP (4oz)
13) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	14) NACHOS WG (2oz) NACHO CHEESE (1oz) SFSEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	15) MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)	16) BANANA BREAD WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)	17) PB&J WG (2.6 oz.) YOGURT (4oz) FRUIT CUP (4oz)
20) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	21) PRETZEL WG (2oz) NACHO CHEESE (1oz) SF SEEDS(1oz) STRING CHEESE (1oz.) APPLE SLICES (1/2 Cup)	22) CEREAL AND CRACKER WG (2.0oz.) YOGURT (4oz) FRUIT CUP (4oz)	23) Granola bar 91oz) Yogurt (4oz) Graham Cracker (1oz) Fresh Fruit (4oz)	24) MUFFINS WG (3oz) STRING CHEESE (1oz) YOGURT (4oz) JUICE (1/2 Cup)
27) SUN CHIPS WG (1.5oz) STRING CHEESE (1oz) YOGURT (4oz) FRUIT CUP (1/2 Cup)	28) NACHOS WG (2oz) NACHO CHEESE (1oz) SFSEEDS(1oz) CHS. STICK (1oz.) APPLE (1/2 Cup)	29) CEREAL AND CRACKER WG (2.0oz.) YOGURT (4oz) TRAIL MIX (1oz) BANANA (4oz)	30) Harvest BREAD WG (3oz) YOGURT (4oz) SF SEEDS (1oz) JUICE (1/2 Cup)	31) BENEFIT BAR WG (3oz) YOGURT (4oz) SUN FLOWER SEEDS (1oz) JUICE (1/2 Cup)
		VEGETABLES OFFERED ARE BROCCOLI, CARROTS, CUCUMBER SLICES, CELERY, CAULIFLOWER	<u>DAILY MILK CHOICES</u> 1% WHITE NON FAT CHOCOLATE	
		RED/YELLOW PEPPERS KIDNEY BEANS BEETS, GREEN PEAS SALAD		

