


March

Breakfast-2025

Monday		Tuesday		Wednesday		Thursday		Friday	
Milk Banana WGR Low Sugar Cereal	3	Milk Applesauce WGR Pancakes	4	Milk Fruit Cocktail WGR Low Sugar Cereal	5	Milk Clementines WGR Muffin	6	Milk Peaches WGR Low Sugar Cereal	7
Milk Pineapples WGR Low Sugar Cereal	10	Milk Blueberries WGR Mini Bagel	11	Milk Peaches WGR Low Sugar Cereal	12	Milk Fruit Cocktail Turkey Sausage Cheese Slice WGR Tortilla	13	Milk Frozen Mango WGR Low Sugar Cereal	14
Milk Banana WGR Low Sugar Cereal	17	Milk Frozen Mango WGR French Toast Sticks	18	Milk Pears WGR Low Sugar Cereal	19	Milk Apricots  WGR Waffles	20	Milk Peaches WGR Low Sugar Cereal	21
Milk Pears WGR Low Sugar Cereal	24	Milk Applesauce WGR Pancakes	25	Milk Pineapples WGR Low Sugar Cereal	26	Milk Pineapples Yogurt	27	Milk Fruit Cocktail WGR Low Sugar Cereal	28
Milk Peaches WGR Low Sugar Cereal	31								



COMPONENT (Serve Milk, Grains, Vegetables or Fruit)	AGES 1-2		AGES 3-5		AGES 6-18	
Milk	½ cup/4oz		¾ cup		1 cup	
Vegetables/Fruit or Both	¼ cup		½ cup		½ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.
<p><i>*Must serve all 3 components for a reimbursable meal.</i></p> <p><i>*Whole milk (age 1); 1% or Fat Free (2 through 12)</i></p> <p><i>*Meat and meat alternatives may be served in place of the entire grains component at breakfast a maximum of 3 times per week.</i></p> <p><i>*At least 1 serving per day, across all eating occasions, must be whole grain-rich. A serving of grains must be whole-grain rich, enriched meal, or enriched flour.</i></p> <p><i>*Low Sugar Cereal (Rice Krispies, Corn Flakes, Rice Chex, Cheerios, Kix, Shredded Wheat)</i></p>						





Lunch-2025

Monday		Tuesday		Wednesday		Thursday		Friday	
Milk	3	Milk	4	Milk	5	Milk	6	Milk	7
Corn		Green Beans		Oven Baked Potatoes		Corn		Peas	
Frozen Mango		Applesauce		Pears		Peaches		Mandarin Oranges	
Shredded Cheese		Fish Stick		Ground Beef Vegetable Soup		Turkey Meatballs w/Spaghetti Sauce		Cheese Stick	
Ground Turkey w/Taco Seasoning		WGR Dinner Roll		WGR Saltine Crackers		WGR Spaghetti Noodles		Soy Butter and Jelly	
WG Tortilla Chips								Whole Wheat Bread	
Diced Tomatoes/Shredded Lettuce									
Milk	10	Milk	11	Milk	12	Milk	13	Milk	14
Cooked Carrots		Green Beans		California Blend		Chicken Noodle Soup		Broccoli Little Veggie Bites	
Tropical Fruit Salad		Pineapples		Peaches		Carrots		Applesauce	
Turkey Meatballs w/gravy		Ground Beef in Sloppy Joe Sauce		WG Chicken Nuggets		Banana		Turkey and Cheese	
WGR Dinner Roll		Whole Wheat Hamburger Roll		WGR Dinner Roll		Toasted Cheese on Whole Wheat Bread		WGR Tortilla	
Milk	17	Milk	18	Milk	19	Milk	20	Milk	21
Mixed Vegetables		Mashed Potatoes		Broccoli		Broccoli		Carrots	
Applesauce		Corn		Fruit Cocktail		Peaches		Cantaloupe	
Diced Chicken		Chicken Patty		Ham Slice		Diced Chicken in Alfredo Sauce		Ham & Cheese	
Brown Rice		Whole Wheat Dinner Roll		WGR Macaroni & Cheese		WGR Rotini Noodles		WGR Tortilla	
Milk	24	Milk	25	Milk	26	Milk	27	Milk	28
Bakes Beans		Oven Baked Potatoes		Corn		Tater Tots		Lettuce (Salad Mix)	
Sweet Potato Fries		Peaches		Pineapples		Pineapples		Mandarin Oranges	
Hot Dog		Chicken Drumsticks		Chili		Hamburger		Yogurt	
WGR Hot Dog Roll		WGR Waffles		WG Corn Muffin		Whole Wheat Hamburger Roll		Max Stix	
		Syrup						Marinara Sauce	
Milk	31								
Lettuce/Tomato									
Peaches									
Diced Chicken									
WG Tortilla									
Caesar Dressing									

NEW
Menu Item!



COMPONENT (Serve all 5)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		¾ cup		1 cup	
Vegetables	½ cup		½ cup		¾ cup	
Fruit	1/8 cup		¼ cup		½ cup	
Meat/Meat Alternatives	1 oz.		1 ½ oz.		2 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

**Must serve all five Components for a reimbursable meal.*




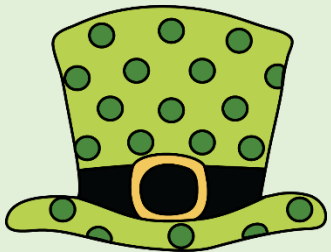


March



Snack-2025

Monday		Tuesday		Wednesday		Thursday		Friday	
Water	3	Water	4	Water	5	Water	6	Water	7
Grapes		Carrot Sticks		Strawberries		WGR Hard/Soft Pretzel		Blueberries	
WGR Dino Bite Crackers		WGR Saltine Crackers		WG Goldfish		Apple Slices		WG Granola	
		Ranch Dressing						Yogurt	
Water	10	Water	11	Water	12	Water	13	Water	14
Mandarin Oranges		Cheese Stick		Pears		WGR Hard/Soft Pretzel		Craisins	
WGR Cheez-Its		Ritz Crackers		WGR Maple Sunrise Bites		Apple Slices		Chex Mix	
Water	17	Water	18	Water	19	Water	20	Water	21
Soy Butter		Craisins		Cheese Cubes		WGR Hard/Soft Pretzel		Salsa	
WG Graham Crackers		Chex Mix		WG Savory Wheat Crackers		Apple Slices		WGR Tortilla Chips	
									
Water	24	Water	25	Water	26	Water	27	Water	28
Grapes		Clementine		Peaches		WGR Hard/Soft Pretzel		Fruit Cocktail	
WGR Dino Bite Crackers		WG Goldfish		WGR Chat Snax Crackers		Apple Slices		WGR Muffin	
Water	31								
Mandarin Oranges									
WGR Cheez-Its									



COMPONENT (Serve 2 of the 5 components)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		½ cup		1 cup	
Vegetables	¼ cup		½ cup		¾ cup	
Fruit	½ cup		½ cup		¾ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

*Two of the five components for a reimbursable snack.
 *If no milk or juice is served, water must be offered.

