

March 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dutch Rusk, assorted flavored yogurt, jams, cheese, and milk	Dutch Rusk, assorted flavored yogurt, jams, cheese, muffins, bananas, and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, unsweetened applesauce, and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, oranges, and milk
Mid-morning snack	Cereal, banana, milk and water	Yogurt, Bran buds cereal, canned peaches, and water	Cantaloupe, muffin, and water	Cheese and whole grain crackers and water	Strawberry slices, graham crackers and water
Lunch	Herbed fish, Vegetable lentil salad, peas, whole wheat rolls, fruit and milk	Corn chowder, grilled cheese with whole wheat bread, orange and green vegetable tray with dip, fruit and milk	Chicken and brown rice casserole, green beans, squash, fruit and milk	Vegetable lentil soup, egg salad, tuna salad, whole wheat sandwiches, apple slices, and milk	Beef barley cabbage soup, assorted green vegetables whole wheat rolls, fruit and milk
Mid-afternoon snack	Mandarin oranges, carrot muffin and water	Bread sticks, hummus, cucumbers and water	Unsweetened applesauce, graham wafers, and water	Green and orange veggie tray with dip, melba toast and water	Guacamole and whole wheat pita triangles, carrot sticks and water

March 2018 – night program

	Monday	Tuesday	Wednesday	Thursday	Friday
Supper	Beef barley cabbage soup, assorted green vegetables, whole wheat rolls, fruit, milk	Tomato soup, Herbed fish, Lentil salad, peas, whole wheat rolls, fruit, milk	Corn chowder, grilled cheese, veggies & dip, fruit, milk	Mushroom soup, Chicken and brown rice casserole, green beans, squash, fruit, milk	Vegetable lentil soup, sandwiches, apple slices, milk
Late night snack	Cheese & crackers, water	Cookies, milk	Cereal, milk	Yogurt, granola, water	Loaf bread, fruit, water

April 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, and cheese, milk	Dutch Rusk, assorted flavored yogurt, jams, and cheese, milk, Muffins, banana	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, and cheese, milk, fruit	Dutch Rusk, assorted flavored yogurt, jams, and cheese, milk, muffins, cantaloupe slices	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, and cheese, milk , cheese, oranges
Mid-morning snack	1/2 slice whole wheat toast, Mandarin oranges water	Cold cereal, Apple slices, water, milk	Hard boiled eggs, fruit, water	Mini whole wheat bagel, cream cheese, 1/2 banana, water	Apples, muffins, water
Lunch	Split pea & tomato soup, carrots, sticks, snow peas,, whole wheat rolls, fruit, milk	Carrot & potato soup, egg salad & tuna salad sandwiches Veggies, and dip milk, canned peaches	Whole wheat pasta with tomato sauce & meatballs, garden salad, whole wheat rolls, fruit, milk	Chicken & broccoli brown rice casserole, carrots, fruit ,milk	Macaroni and cheese, spinach strawberry salad, roasted beets, whole wheat rolls, fruit milk
Mid-afternoon snack	Yogurt, Bran bud cereal, fruit, water	cheese cubes, cucumber slices whole wheat crackers, water	cantaloupe slices, Graham wafers, water	Unsweetened Applesauce, oatmeal cookies, water	Hummus or bean dip, carrots, whole wheat crackers, water

APRIL 2018 – night program

	Monday	Tuesday	Wednesday	Thursday	Friday
Supper	Cream of chicken soup, macaroni and cheese, spinach strawberry salad, roasted beets fruit, and milk	Split pea & tomato soup, carrots & celery sticks, whole wheat rolls, fruit and milk	Carrot & potato soup, cornmeal muffin, veggies & dip, fruit, and milk	Vegetable soup, whole wheat pasta with tomato sauce & meatballs, garden salad, fruit and milk	Tomato soup, chicken & broccoli whole wheat rice casserole, carrots, fruit and milk
Late night snack	Cereal and milk	Muffins, fruit and water	Oatmeal cookies and milk	Yogurt, graham wafers, and water	Cheese & whole wheat crackers, and water