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March 20 – 24, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Boiled Eggs Toast 2% Milk	French Toast Strawberries 2% Milk	Cheese Omelet Whole Wheat Toast 2% Milk	Cereal & Milk Strawberries 2% Milk	Ham & Cheese Quesadilla Milked Fruit 2% Milk
Morning Snack	Fruit cocktail Water	Pineapple Cubes Cottage Cheese Water	Apple Sauce Water	Goldfish Crackers Water	Apple Slices Almonds Water
Lunch	Chicken Tostadas (Sour Cream, Queso Fresco) Water	Pot Roast (Potatoes, Carrots) Whole Grain Wheat Toast Water	Chicken Nuggets Steamed Broccoli Water	PB & J Waffles Sliced Banana Water	Beef Nachos (Beans, Tomato Cubes, Sour Cream, Cheddar Cheese) Water
Afternoon Snack	Pretzel Cheddar Cheese Squares Water	Banana Smoothie Water	Crackers Cream Cheese Water	Go-Gurt Pretzel Water	Cantalope Water