

# The Children's Ark

## March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 pineapple chunks in juice ** whole or 1% milk ** baked chicken pasta with whole grain rotini Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh <i>seasonal</i> apple 1% milk	2 <i>fresh baked whole grain</i> warm biscuit & jelly 100% fruit juice ** turkey corny dog, or breaded fish "school" with whole grain breading bbq white beans steamed broccoli cuts 1% milk ** cheddar goldfish 1% milk
5 whole grain cereal medley <i>"whole corn &amp; 'bit of frosted flakes"</i> 100% fruit juice ** beef burger patty whole wheat burger bun baked tater wedge steamed carrot coins ketchup 1% milk ** chilled diced pears in juice 1% milk	6 whole wheat bread slice with european margarine 100% fruit juice ** grilled cheese quesadilla Spanish-style brown rice seasoned black beans fresh cucumber slices reduced calorie ranch 1% milk ** fresh-cut <i>seasonal</i> melon 1% milk	7 <i>fresh baked whole grain</i> peach n' yogurt muffin 100% fruit juice ** chicken breast nuggets with whole grain breading sweet potatoes buttered cut corn ketchup 1% milk ** fresh banana 1% milk	8 <i>seasonally sourced</i> fresh orange ** whole or 1% milk ** classic red meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** crunchy cheese crackers 100% juice	9 whole wheat french toast and syrup 100% fruit juice ** turkey breast n' cheese on whole wheat bread green pea pasta salad mixed fruit in juice light mayonnaise 1% milk ** vanilla yogurt "pudding" 100% juice
12 wheat raisin bagel with grape/apple jelly 100% fruit juice ** "sloppy Joe" beef whole wheat burger bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh <i>seasonal</i> apple 1% milk	13 <i>seasonally sourced</i> fresh orange ** whole or 1% milk ** cheddar cheese & MAC with whole grain shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** crunchy trail mix 100% juice	14 <i>fresh baked whole grain</i> carrot spice muffin 100% fruit juice ** baked steak fritters with whole grain breading mashed potatoes steamed cut green beans ketchup 1% milk ** pineapple chunks in juice 1% milk	15 tropical fruit mix ** whole or 1% milk ** Southern smothered chicken over whole grain noodles black-eyed peas steamed carrot coins watermelon squares 1% milk ** cucumber slices & light ranch 1% milk	16 fresh-cut cantaloupe wedge ** whole or 1% milk ** "Club Pita" - turkey, cheese, & "cured" turkey in a w.w. pocket chickpea, potato & cuke salad sliced pears in juice mustard 1% milk ** cheese squares & crackers 100% juice
19 toasted oats cereal and raisins 100% fruit juice ** turkey frank, or sliced turkey in gravy whole wheat coney bun baked tater wedge, ketchup steamed mixed vegetables 1% milk ** fresh <i>seasonal</i> apple 1% milk	20 <i>seasonally sourced</i> fresh orange ** whole or 1% milk ** tex-mex taco beef whole wheat flour tortilla shredded cheddar cheese refried pinto beans confetti corn medley 1% milk ** cheddar goldfish 100% juice	21 <i>fresh baked whole grain</i> real blueberry n' oats muffin 100% fruit juice ** baked BBQ chicken served chopped with mild bbq sauce whole wheat bread slice sweet potatoes steamed broccoli cuts 1% milk ** fresh-cut <i>seasonal</i> melon 1% milk	22 applesauce ** whole or 1% milk ** beef meatballs Romano whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese n' whole wheat roll 1% milk	23 whole grain french toast and syrup 100% fruit juice ** chicken "fried" brown rice <i>with peas, carrots, and more..</i> mandarin oranges in juice fresh cucumber slices reduced calorie ranch 1% milk ** vanilla yogurt "pudding" 100% juice
26 whole wheat bagel with light cream cheese 100% fruit juice ** chicken ZOO crew with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk ** pineapple chunks in juice 1% milk	27 whole grain cereal medley <i>"toasted and fruity Os"</i> 100% fruit juice ** beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley lettuce, tomato, & ketchup 1% milk ** fresh <i>seasonal</i> apple 1% milk	28 <i>fresh baked whole grain</i> pineapple "crumb" muffin 100% fruit juice ** cheddar cheese & MAC with whole grain "elbows" steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk	29 fresh-cut cantaloupe wedge ** whole or 1% milk ** homestyle meatloaf in a light tomato brown gravy whole grain cornbread mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	30 sliced apples in juice ** whole or 1% milk ** turkey breast n' cheese on <i>fresh baked</i> whole wheat roll mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk ** crunchy trail mix 100% juice



committed to providing  
freshness, variety,  
and good nutrition  
on a daily basis



lean meats  
chicken breast meat  
\*  
only fresh or frozen  
veggies  
\*  
fresh or natural juice  
fruit  
\*  
always whole grains



all food  
produced  
in a TDA  
inspected  
kitchen



"always  
BAKED,  
never  
fried"



this menu contains:  
no pork  
or pork products  
no peanuts  
or peanut products



Notes: