

March Menu



nourish
café

SNACKS

AM + PM Snacks will be provided from the list below in rotation throughout the month:

- Fresh Fruit
- Assorted Muffins
- Veggies with Hummus
- Nut Free Trail Mix
- Apple and Fruit Sauces
- Cheese Sticks
- Yogurt Parfait
- Overnight Oats
- Smoothies
- Granola Bites
- Mini Croissant's
- Pressed Fruit Bars
- Banana Wow Butter Wrap
- Cheese and Crackers
- Cookies
- Yogurt
- Fresh Baked Fruit Loaves

M

2. Teriyaki Rice Bowl

9. Turkey & Cheese Wrap

16. **Spring Break***
Pizza Roll Ups

23. **Spring Break***
Tomato Soup & Fresh Bun

30. Chicken Noodle Soup

TU

3. Broccoli Chicken Alfredo

10. Tofu Fried Rice

17. **Spring Break***
Waffles, Fruit Compote & Turkey Sausage

24. **Spring Break***
Beef Shepard's Pie

31. Greek Pasta Salad

W

4. Pancakes & Scrambled Eggs

11. Cheesy Broccoli Soup

18. **Spring Break***
Veggie Chow Mein

25. **Spring Break***
Spaghetti & Turkey Meatballs

Spring Break*: Junior Kindergarten/Preschool Programs are CLOSED
Want to join us?
Contact your Facility Manager Directly
www.nourishcafeinc.ca

TH

5. Veggie Quesadilla

12. French Toast & Bacon

19. **Spring Break***
Cheesy Veggie Pasta

26. **Spring Break***
Butter Chicken

F

6. Tortellini Soup

13. Beef Lasagna Noodles

20. **Spring Break***
Turkey Meatballs w/ Mashed Potatoes

27. **Spring Break***
Ham & Cheese Roll Ups