Child Development Center of the Bluegrass at the University of Kentucky

MONTH/DATES -March 2-6 WEEK #1

	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Breakfast	Whole Grain Granola Yogurt Mixed Berries Milk	Whole Grain English Muffin Pork Sausage Blueberries Milk	Whole Grain Banana Bread Strawberries Milk	Whole Grain Waffles Cheese Omelet Cantaloupe Milk	Whole Grain Biscuit Pears Chicken Patty Milk
Lunch	Whole Grain Popcorn Chicken Peaches Carrots Milk	Whole Grain Country Fried Steak Pineapples Corn Milk	Whole Grain Toast Grilled Cheese Apples Tomato Soup Milk	Whole Grain Roll Orange Chicken Pineapples Rice/Broccoli Milk	Whole Grain Bun Hamburger Patty Blueberries Fries Milk
Snack	Graham Crackers (I,T,P) Bananas (I,T,P)	Ritz Crackers (I,T,P) Cheese CUbes (I,T,P)	Veggie Straws (I,T,P) Mandarin Oranges (I,T,P)	Goldfish (I,T,P) Bananas (I,T,P)	(I,T,P) Fig Newton (I.T.P) Strawberries

Grain Protein Fruit Vegetable Milk/Dairy **I: Infant** **T: Toddler** **P: Preschool**

Child Development Center of the Bluegrass at the University of Kentucky

MONTH/DATES- March 9-13 WEEK # 2

	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Breakfast	Whole Grain Muffins Apples Milk	Whole Grain Bagel Bacon Pineapples Milk	Whole Grain Donut Holes Bananas Milk	Whole Grain Biscuit Sausage Gravy Cantaloupe Milk	Whole Grain Toast Turkey Sausage Mandarin Oranges **Milk**
Lunch	Whole Grain Bun Fish Pears Vegetarian Baked Beans Milk	Cheese Pizza Whole Grain Strawberries Cauliflower Milk	Whole Grain Roll Meatloaf Blueberries Mashed Potatoes Milk	Whole Grain Mini Chicken and Cheese Taco Apples Green Beans Milk	Whole Grain Chicken Fries Pineapples Tater Tots Milk
Snack	Bananas (I,T,P) Nutrigrain Bars (I,T,P)	Peaches (I,T,P) Pretzels (T,P) Club Crackers (I)	Mandarin Oranges (I,T,P) Veggie Straws (I,T,P)	Pears (I,T,P) Goldfish (I,T,P)	Blueberries (I,T,P) Sun Chips (T,P) Ritz Crackers (I)

Grain Protein Fruit Vegetable Milk **I: Infant** **T: Toddler** **P: Preschool**

Child Development Center of the Bluegrass at the University of Kentucky

MONTH/DATES March 16-20 WEEK # 3

	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Breakfast	Whole Grain Cereal Strawberries Milk	Whole Grain Cinnamon Roll Chicken Sausage Mandarin Oranges Milk	Whole Grain banana bread Blueberries Milk	Whole grain Waffles Egg Patty Strawberries Milk	
Lunch	Whole Grain Roll Turkey Meatballs Apples Roasted Potatoes Milk	Whole Grain Bun Pulled Pork Peaches California Blend Milk	**Whole grain** Chicken and Dumplings Pineapples Peas Milk	Whole grain Bosco Sticks Cantaloupe Corn/Marinara Milk	
Snack	Nutrigrain Bars (I,T,P) Bananas (I,T,P)	Yogurt Bites (I,T,P) Strawberries (I,T,P)	(I.T, P)Cinnamon Crisps (I,T,P) Pears (I) Club Crackers	Ritz Crackers (I, T, P) Bananas (I,T,P)	

Child Development Center of the Bluegrass at the University of Kentucky

MONTH/DAY March 23-27 Week #4

	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Breakfast	Whole Grain Muffin Strawberries Milk	Whole Grain Bagel Canadian Bacon Pears Milk	Whole Gain Oatmeal Peaches Milk	Whole Grain French Toast Scrambled Eggs Cantaloupe Milk	Whole Grain Biscuit Pork Sausage Honeydew Milk
Lunch	Whole Grain Roll Salmon Patty Apples Vegetarian Baked Beans Milk	Whole Grain Bun Pulled BBQ Chicken Broccoli Pineapples Milk	Whole Grain Bean and Cheese Chalupa Corn Milk Mandarin Orange	Whole Grain Bun Sloppy Joe Apples Green Beans Milk	Whole Grain Chicken Fries Pineapple Mashed Potatoes Milk
Snack	Bananas (I,T,P) Graham Crackers(I,T,P)	Blueberries (,I T,P) (I,T,P) Veggie Straws	Bananas (I,T,P) Pretzels (T,P) Fig Newton (I)	Pears(I,T,P) Goldfish (I,T,P)	(I,T,P) Blueberries (I)Ritz Crackers (T,P) SunChips