

March BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	
		Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Honeynut Cheerios (1.5 c) Banana * (1/2 c) Milk (6 oz)	French Toast Vegan Sausage Sliced Peaches Milk
6	7	8	9	
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Blueberries * (1 c) Granola Topping (1/4 c) Milk (6 oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	Scrambled Egg Hash Brown Potatoes Whole Grain Bagel Fresh Honeydew Melon * Milk
13	14	15	16	
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Honeynut Cheerios (1.5 c) Banana * (1/2 c) Milk (6 oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	Oatmeal Fresh Blueberries * Milk
20	21	22	23	
Pancake (2 oz) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Honeynut Cheerios (1.5 c) Banana * (1/2 c) Milk (6 oz)	French Toast (1 slice) Turkey Sausage (1 oz) Guava & Pineapple (1 c) Milk (8oz)	Whole Grain Muffin (2.25 oz) Orange * (1 c) Milk (8oz)	Scrambled Egg Hash Brown Potatoes Whole Grain Bagel Fresh Watermelon * Milk
27	28	29	30	
Pancake (2 oz) Turkey Sausage (1 oz) Apple (1 c) Milk (8oz)	Vanilla Yogurt (4 oz) Fresh Blueberries * (1 c) Granola Topping (1/4 c) Milk (6 oz)	Scrambled Egg (1 lg) Hash Brown Potatoes (1/2 c) Whole Grain Bagel (2 oz) Fresh Watermelon * (1 c) Milk (8oz)	French Toast (1 slice) Turkey Sausage (1 oz) Sliced Pears (1 c) Milk (8oz)	Whole Grain Muffin Orange * Milk

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

March LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	
		Baked Fish Patty (2 oz) Brown Rice(yellow recipe) (1 c) Curried Spinach&Chick Pea (1 c) Mandarin Orange Slices (1 c) Milk (8oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Tuna Salad Sandwich Salad : Romaine&MesclunMix Tomato & Cucumber with Italian Dressing Fresh Water Melon * Whole Grain Wheat Bread Milk
6	7	8	9	
Hawaiian Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Corn (3/4 c) Pineapple Chunks (1 c) Milk (8oz)	Pizza Sub Mozzarella Cheese (2 oz) Whole Grain Sub Roll (2 oz) Pizza Sauce (1/2 c) Green Beans (1/2 c) Fresh Water Melon * (1 c) Milk (8oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Sliced Carrots (1 c) Fresh Honeydew melon * (1 c) Milk (8oz)	Fish Taco Cole Slaw Black Bean & Corn Salsa Guava & Pineapple Whole Grain Corn Tortilla Milk
13	14	15	16	
Taco w/ Ground Turkey and Diced Tomato (2 oz) Iceberg Lettuce (1/4 c) Mexican Brown Rice (1 c) Tomato Sauce (1/2 c) Fresh Cantaloupe * (1 c) Whole Grain Corn Tortilla (2 oz) Milk (8oz)	Chicken Tenders (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Broccoli (3/4 c) Fresh Water Melon * (1 c) Milk (8oz)	Turkey Dog (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8oz)	Baked Chicken (2 oz) Roasted Red Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Scrambled Eggs Hash Brown Potatoes Red & Green Peppers Mandarin Orange Slices Whole Wheat Bagel Milk
20	21	22	23	
Teri-Yaki Meatballs (2 oz) Fried Brown Rice (1 c) Sliced Carrots (1/4 c) Green Peas (1/4 c) Corn (1/4 c) Endamame Beans (1/4 c) Fresh Watermelon * (1 c) Milk (8oz)	Turkey Burger (2 oz) Baked Beans (Veggie) (1 c) Baked Apple Slices (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Broccoli (1/2 c) Fresh Honeydew melon * (1 c) Milk (8oz)	Veggie Chili Corn Bread Corn Red Kidney Beans Red & Green Peppers Onion & Diced Tomato Pineapple Chunks Milk
27	28	29	30	
Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8oz)	Hamburger (2 oz) Lettuce & tomato (1/4 c) Potato Wedges (3/4 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Roast Pork Tenderloin (2 oz) Mashed Sweet Potatoes (1/2 c) Broccoli (1/2 c) Mandarin Orange Slices (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)	Burrito Bowl with Ground Turkey (2 oz) Brown Rice(yellow recipe) (1 c) Corn (1/2 c) Fajita Black Beans (1/2 c) Fresh Honeydew melon * (1 c) Milk (6 oz)	Tuna Salad Sandwich Salad : Romaine&MesclunMix Tomato & Cucumber with Italian Dressing Fresh Water Melon * Whole Grain Wheat Bread Milk

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz: Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

* Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come); Davids Farm, DC; DOD Produce, DC