

March 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Dutch Rusk, assorted flavored yogurt, jams, cheese, and milk	Dutch Rusk, assorted flavored yogurt, jams, cheese, muffins, bananas, and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, muffins and milk	Dutch Rusk, assorted cereal, assorted flavored yogurt, jams, cheese, oranges, and milk
Mid-morning snack	Cereal, strawberries, milk and water	Yogurt, Bran buds cereal, and water	Cantaloupe, loaf bread and water	Oatmeal and fresh fruit water	Banana's , graham crackers and water
Lunch	Chicken and rice casserole, green beans, squash, bread and butter, fruit and milk/water	Corn chowder, spaghetti, biscuits, garden salad fruit and milk/water	Herbed fish, brown beans, peas, whole wheat rolls, fruit and milk/water	Vegetable lentil soup, ham and cheese quiche, mixed vegetables whole wheat buns, fruit, and milk/water	Beef barley cabbage soup, pizza bun's, broccoli, fruit and milk/water
Mid-afternoon snack	Mandarin oranges, muffin and water	Bread sticks, cheese cubes, cucumbers, carrots and water	Apples, Rice cakes and water	Green and orange veggie tray with dip, melba toast and water	Apple sauce and whole wheat pita triangles, and water

March 2020 – night program

	Monday	Tuesday	Wednesday	Thursday	Friday
Supper	Beef barley cabbage soup, pizza bun's, broccoli, fruit, milk	Chicken and rice casserole, green beans, squash, bread and butter, fruit, milk	Corn chowder, spaghetti, biscuits, garden salad, fruit, milk	Herbed fish, brown beans, peas, whole wheat rolls, fruit, milk	Vegetable lentil soup, ham and cheese quiche, mixed vegetables, whole wheat buns, applesauce, milk
Late night snack	Cheese & crackers and water	Cookies, applesauce and milk	Cereal, fruit and milk	Yogurt, granola and water	Loaf bread, fruit and water