



# HEALTHY LIVING PROGRAM

|                               | March 1, 2010  | March 2, 2010   | March 3, 2010   | March 4, 2010   | March 5, 2010  |
|-------------------------------|--|---|---|---|--|
|                               | <b>Mix-It Monday</b>   | <b>Tasty Tuesday</b>  | <b>Worldly Wednesday</b>  | <b>Thirsty Thursday</b>   | <b>Fresh-It-Up Freaky Friday</b>   |
| <b>Morning Snack</b>          | Bananas<br>rolled in granola   | Fruit Kebobs<br>Yogurt w/ honey   | Tortilla Roll-up<br>Brown Rice<br>shelled edamame   | Fresh Lemonade w/<br>garden grown mint leaves<br>w/ cantaloupe  | Cucumber Faces<br>tahini and olives  |
| <b>Family Style Hot Lunch</b> | Sloppy Joe on a Bun<br>Tator Tots<br>Apple<br>Milk<br><b>Vegetarian Supplement</b><br>Pinto Beans w/ soft Tortilla | Teriyaki Chicken w/ mixed veggies<br>Rice<br>Orange Slices<br>Milk<br><b>Vegetarian Supplement</b><br>Rice w/ mixed veggies | Bean and Cheese Burrito<br>Corn<br>Peaches<br>Milk<br><b>Vegetarian Supplement</b><br>Bean and Cheese Burrito | Grilled Chicken Pieces<br>Brown Rice w/ Broccoli<br>Fruit Cocktail<br>Milk<br><b>Vegetarian Supplement</b><br>Red Beans w/ Brown Rice | Bologna and Cheese Sandwich<br>Tiny Carrots<br>Banana<br>Milk<br><b>Vegetarian Supplement</b><br>Tuna Salad Sandwich |
| <b>Afternoon Snack</b>        | Whole Wheat Crackers<br>Squirt American Cheese   | Thin Orange Slices<br>Whole Grain Cracker   | Julienne Carrots<br>Ranch Dressing  | Graham Cracker<br>Cream Cheese +<br>Apple Butter Spread   | Apple Slices<br>Peanut Butter Spread   |

|                               | March 8, 2010   | March 9, 2010  | March 10, 2010   | March 11, 2010   | March 12, 2010  |
|-------------------------------|---|--|--|--|---|
|                               | <b>Mix-It Monday</b>  | <b>Tasty Tuesday</b>   | <b>Worldly Wednesday</b>   | <b>Thirsty Thursday</b>  | <b>Fresh-It-Up Freaky Friday</b>  |
| <b>Morning Snack</b>          | Yogurt<br>Grape Nuts, raisins,<br>bananas   | Pretzels<br>String Cheese  | Hawaiian Fun<br>Pineapples, coconut flakes<br>raisins, Vegannaise                                      | Chai Tea<br>mini muffin<br>(lemon, poppyseed,<br>or chocolate)                                   | Carrots and Celery sticks<br>dipped in<br>Ranch Dressing  |
| <b>Family Style Hot Lunch</b> | Chicken Rings w/WW Bread<br>Corn<br>Pears<br>Milk<br><b>Vegetarian Supplement</b><br>Pita Pocket w/ shredded cheese | Mac 'N Cheese w/ cubed Ham<br>Tiny Carrots<br>Peaches<br>Milk<br><b>Vegetarian Supplement</b><br>Mac 'N Cheese w/out cubed Ham | Grilled Chicken on a Bun<br>Peas<br>Pineapple<br>Milk<br><b>Vegetarian Supplement</b><br>Cheese Sticks | Fish Sticks<br>Mashed Potatoes<br>Bananas<br>Milk<br><b>Vegetarian Supplement</b><br>Fish Sticks | Turkey Sandwich<br>Celery Sticks w/ FF Ranch<br>Apple<br>Milk<br><b>Vegetarian Supplement</b><br>Tomato + Cheese Sandwich |
| <b>Afternoon Snack</b>        | Cabbage Leaf<br>Peanut Butter Spread<br>Mint  | Cantaloupe Slices<br>Saltine Cracker   | Tomatoes<br>Whole Wheat Bread Slice  | Apple Slices<br>Cheese Slice   | Green Peppers<br>Ranch Dressing   |

FOOD Note (Foot Notes): Mixed Veggies contains: peas, carrots, corn, green beans Fruit Cocktail contains: pears, green grapes, peaches, pineapple in light syrup

In the operation of the child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or handicap.

This institution is an equal opportunity provider and employer.