



HEALTHY LIVING PROGRAM

	March 22, 2010	March 23, 2010	March 24, 2010	March 25, 2010	March 26, 2010
	Mix-It Monday	Tasty Tuesday	Worldly Wednesday	Thirsty Thursday	Fresh-It-Up Freaky Friday
Morning Snack	Muffin Monday Raspberry Jam Earth Balance Spread	Cinnamon Applesauce Shredded wheat cubes to dip	Yogurt seasonal berries cinnamon + honey	Orange Juice Pomegranate Juice Corn Flakes	Banana Rollups tortilla, banana almond butter
Family Style Hot Lunch	Pepperoni Pizza Pocket Green Beans Peaches Milk Vegetarian Supplement Cheese Sticks	Soft Tacos - Tortilla Beans, Cheese, Lettuce Pears Milk Vegetarian Supplement Pinto Beans w/ soft Tortilla	Grilled Cheese Mixed Veggies Bananas Milk Vegetarian Supplement Grilled Cheese	Spaghetti w/ Meat Sauce Green Salad w/ FF Ranch Apple Milk Vegetarian Supplement Spaghetti w/no Meat Sauce	Ham and Cheese Sandwich Cole Slaw Fruit Cocktail Milk Vegetarian Supplement Egg Salad Sandwich
Afternoon Snack	Whole Grain Chips Onion Dip	Edamame Rice Crackers	Cucumber Slices Pimento Cheese spread	Canned Beets Poppyseed Dressing Dip	Mandarin Orange Slices Yogurt

	March 29, 2010	March 30, 2010	March 31, 2010	April 1, 2010	April 2, 2010
	Mix-It Monday	Tasty Tuesday	Worldly Wednesday	Thirsty Thursday	Fresh-It-Up Freaky Friday
Morning Snack	Cucumber cubes Yogurt Mint	Cubed Peaches Cinnamon & Granola	Ancient Egyptian Spelt Bread Gouda Cheese Slices apple slices	Yogurt Grape Nuts, raisins, bananas or chocolate)	Apple Juice Granola Bar
Family Style Hot Lunch	Sloppy Joe on a Bun Tator Tots Apple Milk Vegetarian Supplement Pinto Beans w/ soft Tortilla	Teriyaki Chicken w/ mixed veggies Rice Orange Slices Milk Vegetarian Supplement Rice w/ mixed veggies	Bean + Cheese Burrito Corn Peaches Milk Vegetarian Supplement Bean + Cheese Burrito	Vegetarian Supplement	Vegetarian Supplement
Afternoon Snack	Broccoli Florettes Ranch Dressing	Cantaloupe Slices Whole Grain Cracker	Jicama Slices Whole Wheat Bread	Apple Slices + Raisins Peanut Butter Spread	Sugar Snap Peas 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.