



Grains

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<p>*Parents- Check out our Health and Nutrition Board at each site-It has great free resources and handouts!</p>			
<p>04</p> <p>B: Oatmeal with blue berries, Milk</p> <p>L: Baked chicken, carrot sticks, Apples, Milk</p> <p>S: PB banana rollup on WW tortilla, Milk</p>	<p>05</p> <p>B: French Toast bread, applesauce, milk</p> <p>L: Tuna Noodle casserole, green beans, Oranges, Milk</p> <p>S: Pretzels, Cheese stick, Milk</p>	<p>06</p> <p>B: Scrambled Egg, WW toast, pears, Milk</p> <p>L: Sweet and Sour Pork, Veggie fried rice, Pineapple, Milk</p> <p>S: Grapes, Pretzels, Milk</p>	<p>07</p> <p>B: Cheerio's, Peaches, Milk</p> <p>L: Beef and veggie soup, WW roll, Apples, Milk</p> <p>S: Cheese quesadilla, Milk</p>
<p>11</p> <p>B: Cream of wheat with cinnamon, Milk</p> <p>L: Baked fish tacos, purple cabbage, Apples, Milk</p> <p>S: Pepper slices, carrots, dip, Milk</p>	<p>12</p> <p>B: Blueberry oatmeal bake, Milk</p> <p>L: Nigerian Bean Porridge with bell peppers, grapes, Milk</p> <p>S: Banana bread, Milk</p>	<p>13</p> <p>B: Breakfast pizzas on English muffin, Milk</p> <p>L: Chicken penne in creamy sauce, Peas, Pears, Milk</p> <p>S: Cheese stick, WW crackers, Milk</p>	<p>14</p> <p>B: Corn Chex, Banana, Milk</p> <p>L: Ham and potato soup, Broccoli, Pineapple, Milk</p> <p>S: African Oat Crunchy balls, Milk</p>
<p>18</p> <p>B: Cream of wheat with cinnamon, banana, Milk</p> <p>L: Ham, Cheese and egg bake with tater-tots. Oranges, Milk</p> <p>S: Grapes, string cheese, Milk</p>	<p>19</p> <p>B: Mini pancakes, PB, apple slices, Milk</p> <p>L: African Irio (Mashed potatoes, corn and peas), baked chicken, apple slices, milk</p> <p>S: Carrots, Broccoli, dip, Milk</p>	<p>20</p> <p>B: Mango-Pineapple smoothie, graham crackers, Milk</p> <p>L: Tuna fish sandwich, Pickle, banana, Milk</p> <p>S: Salsa, Tortilla chips, Milk</p>	<p>21</p> <p>B: Fruit salad, PB toast, Milk</p> <p>L: Tomato soup, cold cheese sandwich, apples, milk</p> <p>S: Bagel with cream cheese, milk</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

Spring Break