

# The Schools at Children's Tree House

## March Nutritional Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
March 1-3 2023			<b>Breakfast:</b> Whole Grain Pancake, Fruit Cocktail in 100% Juice, Milk <b>Lunch:</b> Lean Ground Beef, Whole Grain Spaghetti Noodles, Tomato Sauce, Pineapple Tidbits in 100% Juice, Milk <b>Snack:</b> Cinnamon Graham Crackers, All-Natural Applesauce	<b>Breakfast:</b> Brown Sugar Cinnamon Oatmeal, Fresh Diced Grapes, Milk <b>Lunch:</b> Sloppy Joes, Whole Grain Bun, Cheesy Potato's, Mixed Green Salad, Pink Lemonade <b>Snack:</b> Club Crackers, Mozzarella Cheese Stick	<b>Breakfast:</b> English Muffin, Pineapple Tidbits in 100% Juice, Milk <b>Lunch:</b> Smoked Sausage, Whole Grain Dinner Roll, Diced Pears in 100% Juice, Steamed Broccoli, Milk <b>Snack:</b> Goldfish Pretzels, 100% Apple Juice
March 6-17 2023	<b>Breakfast:</b> Whole Grain Waffle Sticks, Diced Pears in 100% Juice, Milk <b>Lunch:</b> Crispy Chicken Tenders, Creamy Mashed Potatoes, Green Beans, Fruit Cocktail in 100% Juice, Milk <b>Snack:</b> Veggie Straws, 100% White Grape Juice	<b>Breakfast:</b> Oven Baked Banana Muffin, Fresh Blueberries, Milk <b>Lunch:</b> Creamy Whole Grain Macaroni & Cheese, Sweet Tender Peas, *Fresh Sliced Apples, Milk <b>Snack:</b> Baked Multi-Grain Sun Chips, Diced Fresh Cucumbers	<b>Breakfast:</b> Life Cereal, All-Natural Applesauce, Milk <b>Lunch:</b> Ground Beef Meatloaf, Whole Grain Dinner Roll, Mashed Potatoes, Mixed Green Salad, Milk <b>Snack:</b> Whole Grain Goldfish, 100% Apple Juice	<b>Breakfast:</b> Whole Grain French Toast Sticks, Mandarin Oranges in 100% Juice, Milk <b>Lunch:</b> Whole Grain Chicken Corndog, Crispy French Fries, Steamed Carrots, Diced Pears in 100% Juice, Milk <b>Snack:</b> Gluten Free Apple Cinnamon Rice Cake, Fresh Banana	<b>Breakfast:</b> Fruit and Grain Cereal Bar, Diced Peaches in 100% Juice, Milk <b>Lunch:</b> Beef Meatballs, Whole Grain Rice, Steamed Broccoli, Mixed Melon Salad, Milk <b>Snack:</b> Baked Tortilla Chips, Refried Bean Dip
March 13-17 2023	<b>Breakfast:</b> Fresh Baked Blueberry Muffin, Fruit Cocktail in 100% Juice, Milk <b>Lunch:</b> Crispy Chicken Nuggets, Fresh Baked Corn Bread, Green Beans, Fresh Sliced Banana, Milk <b>Snack:</b> Club Crackers, Mozzarella String Cheese	<b>Breakfast:</b> Buttered Biscuit, Diced Peaches in 100% Juice, Milk <b>Lunch:</b> Beef Steak Fingers, Whole Grain Roll, Steamed Carrots, Diced Pears in 100% Juice, Milk <b>Snack:</b> Cinnamon Teddy Grahams, 1% Vanilla Yogurt	<b>Breakfast:</b> Multi Grain Cheerios, Fresh Diced Grapes, Milk <b>Lunch:</b> Whole Grain Wheat Bun, Chicken Hotdog, Crispy Sweet Potato Fries, All-Natural Apple Sauce, Milk <b>Snack:</b> Cheeto Puffs, 100% Apple Juice	<b>Breakfast:</b> French Toast Sticks, Fresh Blueberries, Milk <b>Lunch:</b> Oven Baked Chicken, Alfredo Egg Noodles, Fruit Cocktail in 100% Juice, Broccoli, Milk <b>Snack:</b> Goldfish Pretzels, *Cranraisins *Toddlers: Fresh Diced Grapes	<b>Breakfast:</b> Fresh Baked Crescent Roll, Fresh Diced Melon, Milk <b>Lunch:</b> Breakfast Turkey Sausage, Whole Grain Waffle Sticks, Crispy Hash Brown, Diced Pears in 100% Juice, Milk <b>Snack:</b> Fresh Baked Apple Bread, 100% White Cranberry Juice
March 20-24 2023	<b>Breakfast:</b> Whole Wheat Mini Bagel with Cream Cheese, Tropical Fruit Mix, Milk <b>Lunch:</b> Whole Grain Tortilla, Nitrate Free Turkey, Cheddar Cheese, Peas, Fresh Sliced Strawberries, Milk <b>Snack:</b> Whole Grain Zoo Animal Crackers, *Tangerines *Toddler: Mandarin Oranges	<b>Breakfast:</b> Pigs in a Blanket, Diced Pears in 100% Juice, Milk <b>Lunch:</b> Oven Baked BBQ Chicken Breast, Whole Wheat Roll, Green Bean, Fresh Diced Grapes, Milk <b>Snack:</b> Whole Grain Goldfish, 100% Apple Juice	<b>Breakfast:</b> Fresh Baked Triple Muffin, All-Natural Applesauce, Milk <b>Lunch:</b> Ground Beef Patty, Whole Grain Hamburger Bun, Crispy French Fries, Tomato Ketchup, Milk <b>Snack:</b> Vanilla Wafers, Fresh Sliced Banana	<b>Breakfast:</b> Blueberry Chex Cereal, Fresh Sliced Banana, Milk <b>Lunch:</b> Ground Beef, Whole Grain Tortilla Chips, Creamy Cheese, Fresh Blueberries, Milk <b>Snack:</b> Club Crackers, Mozzarella Cheese Stick	<b>Breakfast:</b> Fresh Baked Apple Cinnamon Muffin, Fruit Cocktail in 100% Juice, Milk <b>Lunch:</b> Whole Grain Pepperoni Pizza, Diced Peaches in 100% Juice, Milk <b>Snack:</b> Veggie Straws, 100% White Grape Juice

March  
27-31  
2023

**Breakfast:**  
1% Vanilla Yogurt,  
Fresh Blueberries, Milk  
**Lunch:**  
All White Meat  
Popcorn Chicken,  
Whole Grain Dinner  
Roll, Creamy Mashed  
Potatoes, Green  
Beans, Milk  
**Snack:**  
Baked Tortilla Chips,  
Refried Bean Dip

**Breakfast:**  
Crispy Hash Browns,  
Fruit Cocktail in  
100% Juice, Milk  
**Lunch:**  
White Meat Chicken  
Salad, Whole Grain  
Bread, Mixed Green  
Salad, All-Natural  
Apple Sauce, Milk  
**Snack:**  
Cheeto Puffs, 100%  
Apple Juice

**Breakfast:**  
Whole Grain Pancake,  
Diced Peaches in 100%  
Juice, Milk  
**Lunch:**  
Beef Steak Fingers,  
Whole Grain Roll,  
Steamed Carrots, Diced  
Pears in 100% Juice,  
Milk  
**Snack:**  
Cinnamon Graham  
Crackers, All-Natural  
Applesauce

**Breakfast:**  
Fresh Baked Wildberry  
Muffin, Fresh Sliced  
Banana, Milk  
**Lunch:**  
Whole Grain Chicken  
Corn dog, Crispy French  
Fries, Steamed Carrots,  
Tropical Mixed Fruit,  
Milk  
**Snack:**  
Goldfish Pretzels,  
\*Cranraisins  
\*Toddlers: Fresh Diced  
Grapes

**Breakfast:**  
Life Cereal, Fruit Cocktail  
in 100% Juice, Milk  
**Lunch:**  
Beef Meatballs, Whole  
Grain Rice, Steamed  
Broccoli, Mixed Melon  
Salad, Milk  
**Snack:**  
Baked Multi-Grain Sun  
Chips, Diced Fresh  
Cucumbers