



**Carver Preschool
Breakfast & Lunch
Menu 2018**



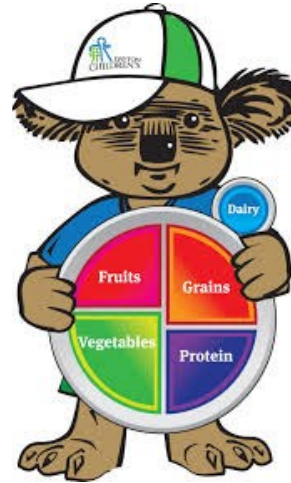
March is National Nutrition Month



**All Grain Products are either
Whole Grain or 51% Whole Wheat**

* = Food
Contains Pork

Menu is subject
to change.



March 1

Breakfast
Mini Bagels with Strawberry
Cream Cheese

Lunch
Sausage Patties (2 pcs) with
French Toast (1 pc)
Green Salad
Cherry Tomatoes
Fresh Apple Slices

March 2

Breakfast
Cereal with String Cheese

Lunch
Chicken Nuggets (5 pcs)
Fresh Spinach
Kidney Beans
Chilled Mixed Fruit

Available Daily

Breakfast

All breakfast meals are served with the choice of: fruit, 100% fruit juice, 1% low-fat or fat-free white milk.

Lunch

All lunch meals are served with a variety of fruits and vegetables including: dark green, red/orange, starchy vegetables & legumes, 1% low-fat or fat-free white milk.

March 5

Breakfast
Cereal with String Cheese

Lunch
Hamburger
Green Salad
Green Peas
Chilled Diced Peaches

March 6

Breakfast
Mini Blueberry Muffin with
String Cheese

Lunch
Chicken Corn Dog
Green Salad
Cherry Tomatoes
Fresh Apple Slices

March 7

Breakfast
Cereal with String Cheese

Lunch
Spaghetti with Meat Sauce &
Cheesy Breadstick
Green Salad
Celery Sticks
Chilled Apricot Fruit Cup

March 8

Breakfast
Oatmeal Chocolate Chip
Breakfast Bar

Lunch
Turkey Taco Pocket
Green Salad
Yellow Corn
Chilled Diced Apricots

March 9

Breakfast
Raspberry Yogurt & ABC
Graham Crackers

Lunch
Cheese Calzone
Fresh Spinach
Kidney Beans
Apple Juice Box

March 12

Breakfast

Cereal with String Cheese

Lunch

Teriyaki Chicken with Steamed Brown Rice
Green Salad
Yellow Corn
Assorted Craisins Fruit Pouch

March 13

Breakfast

Cinnamon Roll with Glaze

Lunch

Cheese Personal Round Pizza
Green Salad
Cucumber Coins
Fresh Banana

March 14

Breakfast

Mini Bagels with Strawberry Cream Cheese

Lunch

Breaded Chicken Drumstick with Funnel Cake
Green Salad
Cherry Tomatoes
Assorted NuHealth Fruit Cup

March 15

Breakfast

Apple Cinnamon Mini Loaf with String Cheese

Lunch

Chicken Double Dogs
Green Salad
Jicama Sticks
Chilled Diced Peaches

March 16

Breakfast

Cereal with String Cheese

Lunch

Shamrock Shaped Chicken Nuggets (3 pcs)
Fresh Spinach
Kidney Beans
Appleberry Juice Box

Shamrock Cookie with Sprinkles

Join us for our special St. Patty's Day menu on March 16th



This institution is an equal opportunity provider.

March 19

Breakfast

Honey Oatmeal Bun

Lunch

Cheese Calzone
Green Salad
Green Peas
Assorted Craisins Fruit Pouch

March 20

Breakfast

Banana Chocolate Chunk Breakfast Bar

Lunch

Beef Soft Taco
Green Salad
Yellow Corn
Chilled Pineapple Tidbits

March 21

Breakfast

Strawberry Banana Yogurt & Vanilla Dot Graham Crackers

Lunch

Mini Cheeseburger Sliders
Green Salad
Cucumber Coins
Chilled Applesauce

March 22

Breakfast

Cereal with String Cheese

Lunch

Breaded Chicken Patty Sandwich
Green Salad
Baked Tater Tots
Chilled Sliced Peaches

March 23

Breakfast

Banana Mini Loaf with String Cheese

Lunch

Macaroni & Cheese
Fresh Spinach
Garbanzo Beans
Apple Juice Box

Rainbow Goldfish Cheese Crackers

Breakfast

Student Price

\$1.25

Adult/Sibling

\$2.00

Student Milk

\$0.50

Adult/Sibling Milk

\$0.55

Lunch

Student Price

\$2.00

Adult/Sibling

\$2.50

Student Milk

\$0.50

Adult/Sibling Milk

\$0.55

March 26

Breakfast

Cereal with String Cheese

Lunch

Chicken Double Dogs
Green Salad
Yellow Corn
Chilled Sliced Pears

March 27

Breakfast

Mini Bagels with Strawberry Cream Cheese

Lunch

Orange Popcorn Chicken with Steamed Brown Rice
Green Salad
Sliced Red Bell Peppers
Raisin Box

March 28

Breakfast

Mini Blueberry Muffin with String Cheese

Lunch

Cheese French Bread Pizza
Green Salad
Jicama Sticks
Assorted NuHealth Fruit Cup

March 29

Breakfast

Raspberry Yogurt & ABC Graham Crackers

Lunch

Sausage Patties (2 pcs) with French Toast (1 pc)
Green Salad
Cherry Tomatoes
Applesauce Cup

March 30

Breakfast

Cereal with String Cheese

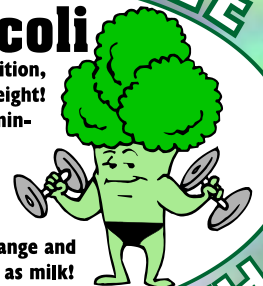
Lunch

Grilled Bean & Cheese Burrito
Fresh Spinach
Kidney Beans
Appleberry Juice Box

VEGETABLE

Broccoli

When it comes to nutrition, this guy's a real heavyweight! He's rich in vitamins and minerals and contains loads of cancer-fighting beta-carotene. Plus, by weight fresh broccoli has more vitamin C than an orange and as much calcium as milk! Get lifting!



OF THE MONTH