

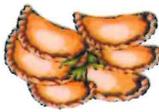
**Breakfast**

Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Fresh Fruit	→			
Rice Krispies Chex	Muffins 	Kix	Cheese Sticks	Cheerios Crispix Honey Bunches Of Oats
WG Toast	→			
Milk	→			

**A.M. Snack**

Fig Newtons	Belvita Bars	Fudge Rounds	Graham Crackers	Goldfish Crackers
Milk	Milk	Milk	Milk	Juice

**Lunch**

Monday 3/2	Tuesday 3/3	Wednesday 3/4	Thursday 3/5	Friday 3/6
Chicken Philly Sandwich Salad P/O/C Peas D/P/K Pineapple	Mini Corn Dogs Corn Peaches	Chef's Choice Green Beans D/P/K Cucumbers P/O/C Pears	Pierogis Peas Tropical Fruit 	French Toast Sausage Carrots Mandarin Oranges
Milk	→			

**P.M. Snack**

Gorp Mix	Pretzels	Fresh Fruit Crackers	Muffins	Fresh Fruit Crackers
Milk	Juice	Water	Milk	Water

This institution is an equal opportunity provider.

Component	Quantity required for each age		
	1-2 yrs.	3-6 yrs	6-12 yrs
<b>Breakfast</b>			
Milk	1/2 cup		
Fruit/Veg	1/4 cup	1/2 cup	1/2 cup
Breakfast/Cereal	1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
<b>Lunch/ Supper</b>			
Milk	1/2 cup	3/4 cup	1 cup
Fruit/Veg	Two servings to a 1/4 cup	Total: 1/2 cup	3/4 cup
Cereal	1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Meat/Alternate	1 oz.	1 1/2 oz.	2 oz.
<b>Snack any two food groups in the quantities below</b>			
Milk	1/2 cup	1/2 cup	1 cup
Fruit/Veg	1/2 cup	1/2 cup	1/2 cup
Bread/Cereal	1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.



**Notes: No special notes this week.**

Sunday, March 8<sup>th</sup>

Day Light Savings

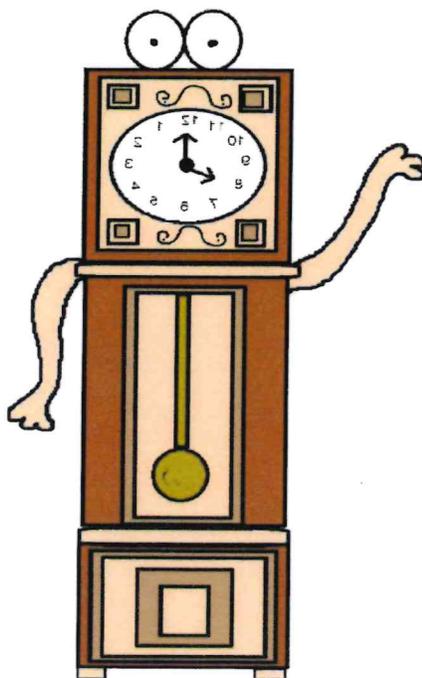
Begins

Remember to TURN

Your Clocks



Ahead 1 Hour!!!



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