

March



****Regular Menu****



Little Jewels is a
Peanut Free Zone


If you plan to bring in any snack for your child's class please make sure it is nut free. Also make sure to ask your child's teacher about any other severe allergies that may be present in the room.


Thursday, March 1st	Friday, March 2nd
Hashbrown and sausage casserole, peaches Sn: Apple slices w/ soy butter Fettuccini alfredo, peas, peaches Sn: Peach crisp, water	Whole wheat French toast sticks, mandarin oranges Sn: Cheese Ritz bits, juice Scrambled Eggs, toast, hash brown, mandarin oranges Sn: Trail mix

Monday, March 5th	Tuesday, March 6th	Wednesday, March 7th	Thursday, March 8th	Friday, March 9th
Cinnamon Chex, applesauce Sn: Raisins, goldfish Tod: Goldfish, juice Ribs on mini bun, peas, applesauce Sn: Nutrigrain bars	Pumpkin bread, fruit mix Sn: Chex Mix, juice Sloppy joe on bun, corn, fruit mix Sn: Bananas, cheerios	Cinnamon rolls, pears Sn: Orange slices, saltines Tod: Mandarin oranges, saltines Turkey slices w/gravy, mashed potatoes, green beans, pears Sn: Popcorn, juice	English muffins w/egg patty, peaches Sn: Grapes, yogurt Tod: Fruit, yogurt Breadstick, chicken noodle soup, California blend veggies, peaches Sn: Chips, salsa	Biscuits and gravy, pineapple Sn: Carrots w/ ranch Tod: Shredded carrots w/ ranch Spaghetti w/ marinara, salad w/ranch, pineapple Sn: Ritz crackers, juice

"The less feet, the leaner the meat!"


Fish: no feet = very lean!


**Chicken and turkey:
2 feet = lean**


**Pigs, cows and lamb:
4 feet = not lean**

Go Lean with Protein!
Meat offers health benefits such as: protein, iron and B Vitamins. Although it offers health benefits, some types of meat can also provide unneeded saturated fat. The American heart Association encourages selecting lean meats over cuts with more fat. To help you remember which meats qualify as lean, use this handy rhyme...

Monday, March 12th

Tuesday, March 13th

Wednesday, March 14th

Thursday, March 15th

Friday, March 16th

Rice Krispies, mandarin oranges

Sn: Fruit smoothies

Chicken/cheese quesadillas, green beans, mandarin oranges

Sn: Saltines, American cheese

Banana bread, pears

Sn: Cucumber slices w/ ranch

(peeled for Tod's)

Grilled Cheese sand, chili, pears

Sn: Animal crackers, milk

Omelets, fruit mix

Sn: Rice cakes, juice

avanti's day

Sn: Cheese Ritz bits, water

Waffles, peaches

Sn: Celery w/soy butter

Tod: Veggie Straws

Meatballs, mashed potatoes, carrots, peaches

Sn: Pretzels w/ ranch

Oatmeal w/apples, butter toast

Sn: Cottage cheese, juice

Veggie Pizza pasta, salad w/ ranch, pineapple

Sn: Trail mix

Monday, March 19th

Tuesday, March 20th

Wednesday, March 21st

Thursday, March 22nd

Friday, March 23rd

Kix cereal, pears

Sn: Raisins, goldfish

Tod: Goldfish, juice

Corn dogs, cooked carrots, pears

Sn: String cheese & tortilla wrap

Blueberry bread, mandarin oranges

Sn: Animal crackers, milk

Turkey sand, veggie soup, mandarin oranges

Sn: Veggie Straws, juice

Whole wheat french toast stix, fruit mix

Sn: Graham crackers, applesauce

Chicken, broccoli, cheese and rice cass., fruit mix

Sn: Cheddar cheese cubes & pita chips

Ham, egg and cheese casserole, peaches

Sn: Bananas, cheerios

Chicken patty on a bun, tator tots, peas, peaches

Sn: Grapes, yogurt

Tod: Fruit, yogurt

Bagels w/ cream cheese, pineapple

Sn: Pretzel bites w/ cheese sauce

Cheese Ravioli, California blend veggies, pineapple

Sn: Nutrigrain bars

Monday, March 26th

Tuesday, March 27th

Wednesday, March 28th

Thursday, March 29th

Friday, March 30th

Crispix cereal, peaches

Sn: Orange slices, saltines

Toddler: Mandarin oranges, saltines

Goulash, corn, peaches

Sn: Chips, salsa

Raspberry bread, fruit mix

Sn: Apple slices with string cheese

Bologna sand, cheesy potato soup, cooked carrots, fruit mix

Sn: Apple crisp, water

Cinnamon toast, mandarin oranges

Sn: Gogurt, juice

Baked mac n cheese bites, green beans, mandarin oranges

Sn: 100 Calorie Oreo crisps, milk

Yogurt w/ rice krispies, applesauce

Sn: Carrots w/ ranch

Tod: Shredded carrots w/ ranch

Grilled chicken, peas, applesauce

Sn: Cheez-its, juice

Pancakes, pears

Sn: Pita chips, hummus

Pizza, salad w/ ranch, pears

Sn: Mandarin oranges, graham crackers



Breakfast with the Easter Bunny

Saturday, March 24th

@ our Evergreen location

Starting at 9:00 am

Have breakfast, get your picture taken with the Easter Bunny and hunt Easter eggs!

Sign up at your center's front desk today!



Regular Menu