

March



****Vegetarian 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 |
|---|---|
| <p>Hash brown casserole, peaches</p> <p>Sn: Apple slices w/ soy butter</p> <p>Fettuccini alfredo, peas, peaches</p> <p>Sn: Peach crisp, water</p> | <p>Whole wheat French toast sticks, mandarin oranges</p> <p>Sn: Cheese Ritz bits, juice</p> <p>Scrambled Eggs, toast, hash brown, mandarin oranges</p> <p>Sn: Trail mix</p> |

| Monday, March 5th | Tuesday, March 6th | Wednesday, March 7th | Thursday, March 8th | Friday, March 9th |
|---|--|---|---|---|
| <p>Cinnamon Chex, applesauce</p> <p>Sn: Raisins, goldfish</p> <p>Tod: Goldfish, juice</p> <p>Veggie burger, peas, applesauce</p> <p>Sn: Nutrigrain bars</p> | <p>Pumpkin bread, fruit mix</p> <p>Sn: Chex mix, juice</p> <p>Vegetarian Sloppy joe on bun, corn, fruit mix</p> <p>Sn: Bananas, cheerios</p> | <p>Cinnamon rolls, pears</p> <p>Sn: Orange slices, saltines</p> <p>Tod: Mandarin oranges, saltines</p> <p>Black bean salad, mashed potatoes, green beans, pears</p> <p>Sn: Popcorn, juice</p> | <p>English muffins w/ egg patty, peaches</p> <p>Sn: Grapes, yogurt</p> <p>Tod: Fruit, yogurt</p> <p>Breadstick, veg broth w/ California blend veggies, peaches</p> <p>Sn: Chips & salsa</p> | <p>Biscuits and gravy, pineapple</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots w/ ranch</p> <p>Spaghetti w/ marinara, salad w/ranch, pineapple</p> <p>Sn: Ritz crackers, juice</p> |

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...

**"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**

| Monday, March 12th | Tuesday, March 13th | Wednesday, March 14th | Thursday, March 15th | Friday, March 16th |
|---|---|--|---|---|
| <p>Rice Krispies, mandarin oranges</p> <p>Sn: Fruit smoothies</p> <p>Cheese quesadillas, green beans, mandarin oranges</p> <p>Sn: Saltines, American cheese</p> | <p>Banana bread, pears</p> <p>Sn: Cucumber slices w/ ranch</p> <p>(peeled for Tod's)</p> <p>Grilled Cheese sand, veggie chili, pears</p> <p>Sn: Animal crackers, milk</p> | <p>Omelets, fruit mix</p> <p>Sn: Rice cakes, juice</p> <p>avanti's day</p> <p>Sn: Cheese Ritz bits, water</p> | <p>Waffles, peaches</p> <p>Sn: Celery w/ soy butter</p> <p>Tod: Veggie straws</p> <p>Veggie meatballs, mashed potatoes, carrots, peaches</p> <p>Sn: Pretzels w/ ranch</p> | <p>Oatmeal w/apples, butter toast</p> <p>Sn: Cottage cheese, juice</p> <p>Pizza Pasta, salad w/ ranch, pineapple</p> <p>Sn: Trail mix</p> |

| Monday, March 19th | Tuesday, March 20th | Wednesday, March 21st | Thursday, March 22nd | Friday, March 23rd |
|---|---|--|--|---|
| <p>Kix cereal, pears</p> <p>Sn: Raisins, goldfish</p> <p>Tod: Goldfish, juice</p> <p>Veggie corn dogs, cooked carrots, pears</p> <p>Sn: String cheese & tortilla wrap</p> | <p>Blueberry bread, mandarin oranges</p> <p>Sn: Animal crackers, milk</p> <p>Soy butter sandwich, veggie soup, mandarin oranges</p> <p>Sn: Veggie straws, juice</p> | <p>Whole wheat french toast stix, fruit mix</p> <p>Sn: Graham crackers, applesauce</p> <p>Veggie Chicken, broccoli, cheese and rice cass., fruit mix</p> <p>Sn: Cheddar cheese cubes, pita chips</p> | <p>Egg and cheese casserole peaches</p> <p>Sn: Bananas, cheerios</p> <p>Veggie chicken patty on bun, tator tots, peas, Peaches</p> <p>Sn: Grapes, yogurt</p> <p>Tod: Fruit, yogurt</p> | <p>Bagels w/ cream cheese, pineapple</p> <p>Sn: Pretzel bites w/ cheese sauce</p> <p>Cheese Ravioli, California blend veggies, pineapple</p> <p>Sn: Nutrigrain Bars</p> |

| Monday, March 26th | Tuesday, March 27th | Wednesday, March 28th | Thursday, March 29th | Friday, March 30th |
|--|--|--|--|---|
| <p>Crispix cereal, peaches</p> <p>Sn: Orange slices, saltines</p> <p>Tod: Mandarin oranges, saltines</p> <p>Goulash w veg. beef, corn, peaches</p> <p>Sn: Chips, salsa</p> | <p>Raspberry bread, fruit mix</p> <p>Sn: Apple slices w/ string cheese</p> <p>Hummus sand, cheesy potato soup, cooked carrots, fruit mix</p> <p>Sn: Apple crisp, water</p> | <p>Cinnamon toast, mandarin oranges</p> <p>Sn: Gogurt, juice</p> <p>Baked mac n cheese bites, green beans, mandarin oranges</p> <p>Sn: 100 Calorie Oreo crisps, milk</p> | <p>Yogurt w/ rice krispies, applesauce</p> <p>Sn: Carrots w/ ranch</p> <p>Tod: Shredded carrots w/ ranch</p> <p>Veg. chicken, peas, applesauce</p> <p>Sn: Cheez-its, juice</p> | <p>Pancakes, pears</p> <p>Sn: Pita chips, hummus</p> <p>Pizza, salad w/ ranch, pears</p> <p>Sn: Mandarin oranges, graham crackers</p> |

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 Bun-
ny and hunt Easter
eggs!
Sign up at your
center's front desk
today!



Vegetarian Menu