

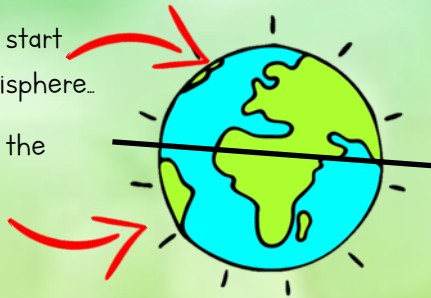


March

Spring is Here

(Wednesday, March 20th)

Did you know that when we start Spring in the Northern Hemisphere... they are just starting Fall in the Southern Hemisphere?



Spring fever is a real! In the Spring, when temperatures rise, blood vessels expand and some people get an energetic feeling.



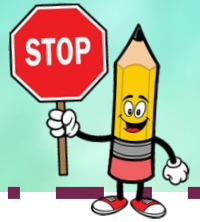
Friday, March 1st

Oatmeal w/apples, butter toast

Sn: Cottage cheese, juice

Pizza pasta, salad w/ ranch, pineapple

Sn: Trail mix



Healthy Eating Tips for Kids... (Pssst...parents, we can't do it without you!)

#8 Learn when to Stop

Although children are born with the ability to stop eating when they are full, it can often be hard for parents to judge whether their kids have eaten the right foods, and enough of them.

Teaching children to listen to their tummies and to ask themselves questions about quantity and quality, such as "Is my tummy full?" or "Will I feel sick if I eat those extra biscuits?" will give them the opportunity to develop their ability to sense fullness.

Monday, March 4th

Tuesday, March 5th

Wednesday, March 6th

Thursday, March 7th

Friday, March 8th

Kix cereal, pears

Sn: Raisins, goldfish

Tod: Goldfish, juice

Corn dogs, cooked carrots, pears

Sn: String cheese & tortilla wrap

Apple Spice bread, mandarin oranges

Sn: Gogurt, juice

Turkey sand, veggie soup, mandarin oranges

Sn: Cheddar cheese cubes & pita chips

Whole wheat french toast stix, fruit mix

Sn: Graham crackers, applesauce

Mac and cheese bites, broccoli, fruit mix

Sn: Veggie Straws, juice

(*Ash Wednesday*)

Ham, egg and cheese casserole, peaches

Sn: Pretzel bites w/ cheese sauce

Chicken patty on a bun, tator tots, peas,

peaches

Sn: Grapes, yogurt

Bagels w/ cream cheese, pineapple

Sn: Bananas, cheerios

Cheese Ravioli, California blend veggies, pineapple

Sn: Nutrigrain bars

Regular Menu



Monday, March 11th Tuesday, March 12th Wednesday, March 13th Thursday, March 14th Friday, March 15th

Apple Cinnamon Cheerios cereal, peaches
 Sn: Orange slices, saltines
 Toddler: Mandarin oranges, saltines
 Goulash, corn, peaches
 Sn: Cheese Ritz Bits, water

Blueberry bread, fruit mix
 Sn: Apple slices with soy butter
 Bologna sand, cheesy potato soup, cooked carrots, fruit mix
 Sn: Peach crisp, water

LS Cinnamon toast, applesauce
 Sn: Animal crackers, milk
Avanti's Lunch
 Sn: Chips, salsa

Yogurt w/ rice krispies, mandarin oranges
 Sn: Carrots w/ ranch
 Tod: Shredded carrots w/ ranch
 Grilled chicken, peas, mandarin oranges
 Sn: Cheez-its, juice

Pancakes, pears
 Sn: Pita chips, hummus
 Pizza, salad w/ ranch, pears
 Sn: 100 Calorie Oreo crisps, milk

Monday, March 18th Tuesday, March 19th Wednesday, March 20th Thursday, March 21st Friday, March 22nd

Life cereal, fruit mix
 Sn: Cottage cheese, juice
 Chicken nuggets, corn, mashed potatoes, fruit mix
 Sn: Apple Cinnamon tortilla wrap

Cinnamon bread, pineapple
 Sn: Applesauce, graham crackers
 Grilled ham and cheese sand, tomato soup, pineapple
 Sn: Elf Grahams, juice

Breakfast burrito, peaches
 Sn: Celery w/ ranch
 Tod: Veggie straws
 Fettuccini alfredo, peas, peaches
 Sn: Club crackers, cheese

Hash brown and sausage casserole, pears
 Sn: Apple slices w/ string cheese
 Beef Sliders, tator tots, cooked carrots, w/cheese, pears
 Sn: Ranch Oyster Crackers

Whole wheat French toast stix, mandarin oranges
 Sn: Ritz crackers, juice
 Fish Shapes, broccoli mandarin oranges
 Sn: Trail mix

Monday, March 25th Tuesday, March 26th Wednesday, March 27th Thursday, March 28th Friday, March 29th

Golden Grahams, 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, peaches
 Sn: Orange slices, saltines
 Tod: Mandarin oranges, saltines
 Turkey slices w/gravy, mashed potatoes, green beans, peaches
 Sn: Popcorn, juice

English muffins w/egg patty, pears
 Sn: Grapes, yogurt
 Tod: Fruit, yogurt
 Breadstick, chicken noodle soup, California blend veggies, pears
 Sn: Apple crisp, water

Biscuits and gravy, pineapple
 Sn: Carrots w/ ranch
 Tod: Shredded carrots w/ ranch
 Spaghetti w/ marinara sauce, salad w/ranch, pineapple
 Sn: Cheese Ritz bits, juice

****Regular Menu****



Our annual "Breakfast with the Easter Bunny" will be held in the morning on **Saturday, April 6th**

Details to follow



Little Jewels is

