

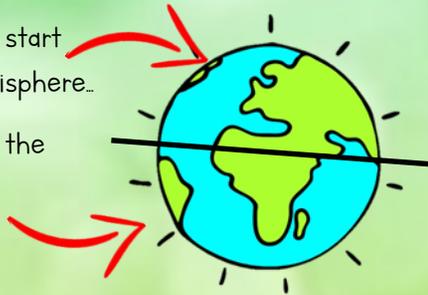


# March

## 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

Veggie corn dogs, cooked carrots, pears

Sn: String cheese & tortilla wrap

Apple Spice bread, mandarin oranges

Sn: Gogurt, juice

Soy butter sandwich, 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\*)

Egg and cheese casserole peaches

Sn: Pretzel bites w/cheese sauce

Veggie chicken patty on 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

\*\*Vegetarian Menu\*\*



**\*\*Vegetarian Menu\*\***



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

Details to follow



**Little Jewels is**



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

Apple Cinnamon Cheerios,  
 peaches  
 Sn: Orange slices, saltines  
 Tod: Mandarin oranges,  
 saltines  
 Goulash w veg, beef, corn,  
 peaches  
 Sn: Cheese Ritz bits, water

Blueberry bread, fruit mix  
 Sn: Apple slices w/ soy but-  
 ter  
 Hummus sand, cheesy po-  
 tato soup, cooked carrots,  
 fruit mix  
 Sn: Peach crisp, water

\*LS\* Cinnamon toast, ap-  
 plesauce  
 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  
 Veg. chicken, peas, manda-  
 rin 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  
 Veggie chicken nuggets,  
 corn, mashed potatoes,  
 fruit mix  
 Sn: Apple cinnamon tortilla  
 wrap

Cinnamon apple bread,  
 pineapple  
 Sn: Applesauce, graham  
 crackers  
 Grilled cheese sand, toma-  
 to 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 casserole,  
 pears  
 Sn: Apple slices w/ string  
 cheese  
 Veggie burger sliders, ta-  
 tor tots, pears  
 Sn: Sn: Ranch Oyster  
 Crackers

Whole wheat French  
 toast stix, mandarin or-  
 anges  
 Sn: Ritz crackers, juice  
 Italian noodles, broccoli  
 w/cheese, mandarin or-  
 anges  
 Sn: Trail mix

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

Golden Grahams, ap-  
 plesauce  
 Sn: Raisins, goldfish  
 Tod: Goldfish, juice  
 Veggie Chicken patty,  
 peas, applesauce  
 Sn: Nutrigrain bars

Pumpkin bread, fruit mix  
 Sn: Chex mix, juice  
 Vegetarian Sloppy joe on  
 bun, corn, fruit mix  
 Sn: Bananas, cheerios

Cinnamon rolls, pears  
 Sn: Orange slices, saltines  
 Tod: Mandarin oranges,  
 saltines  
 Black bean salad, mashed  
 potatoes, green beans,  
 pears  
 Sn: Popcorn, juice

English muffins w/ egg  
 patty, peaches  
 Sn: Grapes, yogurt  
 Tod: Fruit, yogurt  
 Breadstick, veg broth w/  
 California blend veggies,  
 peaches  
 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