




March



2022-2023 Preschool Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breaded chicken Oven Roasted Red potato wedges Orange wedges	2 Ground Beef Tacos Tortilla, Salsa Refried beans Tangelo	3 Chef's Inspiration
6 Cheeseburger Lettuce & tomato Orange wedges	7 Chicken Tinga Lettuce & Tomato Tostada W/salsa	8 Chef's choice Warm corn Fresh apple sauce	9 Beef chili beans W/corn bread Tangelo	10 Grilled cheese Oven Roasted Cauliflower Fresh strawberries
13 Tamales House salad w/ranch Tangelo	14 Cheese pizza Steamed carrots Cubed Watermelon	15 Pozole w/ Chicken Lemon & Cabbage Flour tortilla Fresh Strawberries	16 Corn beef Green cabbage Red potatoes & Carrots	17  No School St. Patrick's Day
20 Chef's choice Steamed broccoli Orange wedges	21 Nacho Cheese Tomato salsa Fresh strawberries	22 Hamburger Roasted Parsnips Orange wedges	23 Breaded Chicken Rice & Red beans Cubed Pineapple	24 Arroz con pollo steamed broccoli Cubed Watermelon
27 BBQ chicken Steamed broccoli Orange wedges	28 Birria Brown Rice Onion & Cilantro Lemon & Tangelo	29 Chef's Inspiration	30 Chef's salad Chicken tenders Garlic bread	31 Fish sticks Mash potatoes Peas & carrots

Menu is subject to change without notice *Not all items may be available everyday*

"All of the Grains/Bread items served are whole grain at 1 1/2 oz equivalent

Offered Daily: 6oz 1% unflavored milk, 1/4 cup of fruit (seasonal), 1/4 cup of vegetables, (All sub-groups offered weekly)

and 1 1/2 oz. equivalent of meat/meat alternatives

Serving ages: 3-5 years old