

March 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

26 27 28 1 2 3 4

Meatloaf
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Grilled
Ham/Cheese
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Chicken Nuggets
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

5 6 7 8 9 10 11

Meatloaf
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Burritos
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Ravioli
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Chicken Nuggets
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Pizza
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

12 13 14 15 16 17 18

Meatloaf
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Tacos
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Breakfast Bake
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Grilled
Ham/Cheese
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Corned
Beef/Cabbage
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

19 20 21 22 23 24 25

Turkey/Chick Wrap
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Taco Salad
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Chicken Aflredo
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Spaghetti
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Pizza
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

26 27 28 29 30 31 1

Meatloaf
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Burritos
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Grilled
Ham/Cheese
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Breakfast Bake
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

Ribs
Fruit 1/2 cup
Vegetable 1/2 cup
Milk - 8 oz

2 3 Notes