



Sarah Heinz March 2019 Hot Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
	ALL MEALS INCLUDE 8OZ 1% UNFLAVORED MILK			Nacho Grande w/ 2oz Taco Meat (Ground Turkey) 1/2 oz Shredded Cheddar 1 WGR Tortilla & 2 oz WGR Chips 1/4 C Lettuce & 1/2 C Tomato 1/4 C Pineapple 2 Taco Packets , 8oz Milk	3oz Chicken Salad w/ 2 oz Chicken 1oz WGR Saltines & 1oz WGR Chips 1/2c Salsa Apple 8oz Milk
4	5	6	7	8	9
Meatball Hoagie w/ 2.5 oz Meatballs (Approx 5) 1/2 oz Shred Cheese 1 WGR Hoagie Roll 1/2 C Salad w/ Carrots & 1/4 C Tomato Italian Dressing 8oz Milk	6 oz Creamy Mac & Cheese w/ 2 oz Cheese 1 WGR Dinner Roll 1/2 C Peas 1/4 C Applesauce 8oz Milk	2.5 oz Salisbury Steak w/ Gravy 1 Slice WGR Bread 1/2 C Whipped Potatoes 1/4 C Peaches 8oz Milk	4.35 oz WGR Oven Fried Chicken w/ 2 oz chicken 1 Corn Muffin 1/2 C Parsley Potatoes 1/2 C Grapes 8oz Milk	6oz Chicken N Rice w/ 2 oz WGR Brown Rice 2 oz Diced Chicken 1/2 C Mixed Vegetables Kiwi 8oz Milk	3oz Chicken Salad w/ 2 oz Chicken 1oz WGR Saltines & 1oz WGR Chips 1/2c Salsa Apple 8oz Milk
11	12	13	14	15	16
3oz Turkey Ham BBQ 1 WGR BBQ Bun 1/2 C Broccoli Plum 8oz Milk	3 oz Swedish Meatballs (Approx 5) 1 WGR Roll 1/2 C Whipped Potatoes 1/4 C Diced Peaches 8oz Milk	2oz Beef Hot Dog 1 WGR Hot Dog Roll 1/2 C Baked Beans Banana Ketchup Packet 8oz Milk	6 oz Chicken Alfredo w/ 2 oz Diced Chicken 2 oz WGR Rotini 1/2 C Green Beans 2 Clementines 8oz Milk	Soft Taco w/ 2oz Chicken Taco Meat 1/2 oz Shredded Cheddar Cheese 1 WGR Tortilla 1/4 C Shredded Lettuce & 1/4 C Tomato 1/2 C Mexicorn 2 Taco Packets 8oz Milk	Turkey & Cheese Roll Up w/ 2 oz Turkey & 1/2 oz American Cheese 1 WGR Tortilla 1/2 C Baby Spinach Pear 8oz Milk
18	19	20	21	22	23
6 oz Pasta w/ Meatballs w/ 2 oz Meatballs (Approx 5) 1 WGR Dinner Roll 1/2 C Salad w/ Carrots & 1/4 C Tomato 8oz Milk	3 oz Chicken Patty 1 WGR BBQ Bun 1/2 C Peas Ranch Packet 1/4 C Applesauce 8oz Milk	2.5 oz Burger w/ 1/2 oz Cheese 1 WGR BBQ Bun 1/2 C Green Beans 1/4 C Diced Peaches 8oz Milk	3 oz BBQ Chicken 1 WGR Roll 1/2 C Broccoli 1/2 C Grapes 8oz Milk	1 WGR Corn Dog w/ 2 oz meat 1/2 C Cooked Carrots Kiwi Mustard Packet Ketchup Packet 8oz Milk	Turkey & Cheese Roll Up w/ 2 oz Turkey & 1/2 oz American Cheese 1 WGR Tortilla 1/2 C Baby Spinach Pear 8oz Milk
25	26	27	28	29	30
WGR Flat Bread w/ 2 oz Pizza Cheese 1/4 C Pizza Sauce 1/2C Mixed Vegetables Plum 8oz Milk	Chicken Strip Salad w/ 1/2 C Lettuce w/ Ranch 1/4 C Tomato 2 oz Chicken Strips 1/4 C Diced Peaches 1 Slice WGR Bread 8oz Milk	3oz BBQ Meatballs (Approx 5) 1 WGR Roll 1/2 C Corn Banana 8oz Milk	3 oz Diced Chicken w/ Gravy 1 Slice WGR Biscuit 1/2 C Cheesy Whipped Potatoes 2 Clementines 8oz Milk	Nacho Grande w/ 2oz Taco Meat (Ground Turkey) 1/2 oz Shredded Cheddar 1 WGR Tortilla & 2 oz WGR Chips 1/4 C Lettuce & 1/2 C Tomato 1/4 C Pineapple 2 Taco Packets 8oz Milk	3oz Chicken Salad w/ 2 oz Chicken 1oz WGR Saltines & 1oz WGR Chips 1/2c Salsa Apple 8oz Milk