

John Kenney Child Care Center - Lunch

MARCH

Child's Name: _____

Allergies: _____

Room: _____

Monday		Tuesday		Wednesday		Thursday		Friday	
Alternate Options									
Pasta w/ sauce				Baked Ziti-5 oz.	Pasta w/ sauce	Salisbury Steak w/ Gravy	Veggie Meatballs w/ Gravy-3	3x5 Pizza Square-1	Pasta w/ sauce
Pasta w/ butter				Baby Carrots-1/2 c.	Baby Carrots-1/2 c.	Mashed Potatoes-1/2 c.	Mashed Potatoes-1/2 c.	Salad w/ Dressing-1 c.	Salad w/ Dressing-1 c.
PB&J				Whole Grain Bread	Whole Grain Bread	Fresh Apple-1	Fresh Apple-1	Applesauce Cup-1/2 c.	Applesauce Cup-1/2 c.
Grilled Cheese				Fresh Banana-1	Fresh Banana-1	Whole Grain Bread	Whole Grain Bread	Cheese Stick-1	Cheese Stick-1
				Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.
All Beef Hamburger on a	Veggie Burger on a	Whole Grain Chicken Nuggets-5	Veggie Nuggets-3 oz.	Swedish Turkey Meatballs-3 oz.	Mozzarella Sticks-4	Turkey Breast on	American Cheese on a	3x5 Pizza Square-1	Pasta w/ sauce
Wheat Bun-1	Wheat Bun-1	Green Beans-1/2 c.	Green Beans-1/2 c.	Roasted Potato Medley-1/2 c.	Roasted Potato Medley-1/2 c.	Wheat Bun-1	Wheat Bun-1	Salad w/ Dressing-1 c.	Salad w/ Dressing-1 c.
Corn-1/2 c.	Corn-1/2 c.	Rice - 1/2 c.	Rice - 1/2 c.	Diced Pear Cup-1/2 c.	Diced Pear Cup-1/2 c.	Carrot Sticks w/ Dip-1/2 c.	Carrot Sticks w/ Dip-1/2 c.	Peach Applesauce	Peach Applesauce Cup-1/2 c.
Fresh Apple-1	Fresh Apple-1	Fresh Orange-1	Fresh Orange-1	Dinner Roll	Dinner Roll	Fresh Banana-1	Fresh Banana-1	Cheese Stick-1	Cheese Stick-1
Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.
Popcorn Chicken-3 oz.	Veggie Nuggets-3 oz.	Medium Square Cheese	Medium Square Cheese	Meatloaf w/Ketchup-3 oz.	Veggie Meatballs w/ Gravy-3	Beef Bologna and Cheese	American Cheese on	3x5 Pizza Square-1	Pasta w/ sauce
Mixed Vegetables-1/2 c.	Mixed Vegetables-1/2 c.	Ravioli w/ Meatsauce-3 oz.	Ravioli w/ Sauce-3 oz.	Mashed Potatoes-1/2 c.	Mashed Potatoes-1/2 c.	on Whole Grain Bread-1	Whole Grain Bread-1	Salad w/ Dressing-1 c.	Salad w/ Dressing-1 c.
Fresh Apple-1	Rice - 1/2 c.	Green Beans-1/2 c.	Green Beans-1/2 c.	Whole Grain Bread	Whole Grain Bread	Fresh Baby Carrots with	Fresh Baby Carrots with	Mixed Fruit Cup-1/2 c.	Mixed Fruit Cup-1/2 c.
Rice - 1/2 c	Fresh Apple-1	Fresh Orange-1	Fresh Orange-1	Applesauce Cup-1/2 c.	Applesauce Cup-1/2 c.	Dip-1/2 c.	Dip-1/2 c.	Cheese Stick-1	Cheese Stick-1
Milk-6 oz.	Milk-6 oz.	Wheat Dinner Roll	Wheat Dinner Roll	Milk-6 oz.	Milk-6 oz.	Fresh Banana-1	Fresh Banana-1	Milk-6 oz.	Milk-6 oz.
		Milk-6 oz.	Milk-6 oz.			Milk-6 oz.	Milk-6 oz.		
Chicken Parmigiana-3 oz.	Veggie Chicken Parmigiana-3 oz	All Beef Hamburger on a	Veggie Burger on a	French Toast Sticks-3	French Toast Sticks w/ Syrup-3	Turkey Meatballs w/ Sauce	Mozzarella Sticks-4	3x5 Pizza Square-1	Pasta w/ sauce
Peas-1/2 c.	Peas-1/2 c.	Wheat Bun-1	Wheat Bun-1	Beef Sausage Links-2	Tater Tots-1/2 c.	on a Wheat Hot Dog Bun-1	Diced Carrots-1/2 c.	Salad w/ Dressing-1 c.	Salad w/ Dressing-1 c.
Whole Grain Bread	Whole Grain Bread	Corn-1/2 c.	Corn-1/2 c.	Celery Sticks w/ Dip-1/2 c.	Celery Sticks w/ Dip-1/2 c.	Diced Carrots-1/2 c.	Fresh Orange-1	Strawberry Applesauce Cup	Strawberry Applesauce Cup
Pineapple Cup-1/2 c.	Pineapple Cup-1/2 c.	Fresh Apple-1	Fresh Apple-1	Fresh Banana-1	Fresh Banana-1	Fresh Orange-1	Dinner Roll	Cheese Stick-1	Cheese Stick-1
Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.
Cheese Manicotti w/	Cheese Manicotti w/	Mexican Beef-5 oz.	Veggie Mexican Beef-5 oz.	Whole Grain Chicken	Veggie Nuggets-3 oz.	Hot Turkey w/ Gravy-3 oz.	Bean and Cheese Burrito-5 oz.	3x5 Pizza Square-1	Pasta w/ sauce
Meat Sauce-2	Spaghetti Sauce-2	Brown Rice-1/2 c.	Brown Rice-1/2 c.	Fingers-3	Corn-1/2 c.	Mashed Potatoes-1/2 c.	Mashed Potatoes-1/2 c.	Salad w/ Dressing-1 c.	Salad w/ Dressing-1 c.
Italian Mixed Vegetables-1/2 c.	Italian Mixed Vegetables-1/2 c.	Fresh Baby Carrots w/ Dip-1/2 c.	Fresh Baby Carrots w/ Dip-1/2 c.	Corn-1/2 c.	Rice - 1/2 c.	Fresh Banana-1	Fresh Banana-1	Applesauce Cup-1/2 c.	Applesauce Cup-1/2 c.
Fresh Apple-1	Fresh Apple-1	Fresh Orange-1	Fresh Orange-1	Diced Peach Cup-1/2 c.	Diced Peach Cup-1/2 c.	Whole Grain Bread	Whole Grain Bread	Cheese Stick-1	Cheese Stick-1
Italian Bread	Italian Bread	Milk-6 oz.	Milk-6 oz.	rice - 1/2 c.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.	Milk-6 oz.
Milk-6 oz.	Milk-6 oz.			Milk-6 oz.					