

**Zearing Child Enrichment Center
March 2017**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | 1 AM snack: Cooks choice, water BR: Pancakes, syrup, pears, milk Lunch: Potato soup w/cheese, crackers, ½ cheese sandwich, carrots, fruit cocktail, milk PM snack: Nutri grain bar, oranges, water Snack: Cooks choice, water | 2 AM snack: Cooks choice, water BR: Oatmeal, apples, milk Lunch: Tortellini w/meat sauce, garlic bread stick, green beans, pears, milk PM snack: Ranch crackers or ranch pretzels*, juice Snack: Cooks choice, water <i>*PreK – SA only</i> | 3 AM snack: Cooks choice, water BR: Muffin, pineapple, milk Lunch: Fish nuggets, corn, peaches, roll, milk PM snack: Chocolate bread, milk Snack: Cooks choice, water |
| 6 AM: Cooks choice, water BR: Coffee cake, pineapple, milk Lunch: Biscuit w/gravy, sausage patty, hash brown patty, pears, milk PM snack: Yogurt, pretzels, apples, water Snack: Cooks choice, water | 7 AM snack: Cooks choice, water BR: Cereal, banana, milk Lunch: Meatloaf, mashed potatoes w/gravy, green beans, peaches, roll, milk PM snack: Breadstick w/marinara sauce, juice Snack: Cooks choice, water | 8 AM snack: Cooks choice, water BR: Muffin, peaches, milk Lunch: Tortellini in broth, crackers, ½ sandwich, carrots, mixed fruit, milk PM snack: Pineapple, cottage cheese, water Snack: Cooks choice, water | 9 AM snack: Cooks choice, water BR: Oatmeal, grapes, milk Lunch: Sweet & sour chicken w/rice, broccoli, pineapple, milk PM snack: Veggies, dip, juice Snack: Cooks choice, water | 10 AM snack: Cooks choice, water BR: Bagel, cream cheese, pineapple, milk Lunch: Tuna & noodle casserole, peas, applesauce, roll, milk PM snack: Cookie, milk Snack: Cooks choice, water |
| 13 AM: Cooks choice, water BR: French toast sticks, syrup, pineapple, milk Lunch: Baked chicken, corn, fruit cocktail, bread & butter, milk PM snack: Tortilla roll up w/turkey & cheese, water Snack: Cooks choice, water | 14 AM snack: Cooks choice, water BR: Cereal, oranges, milk Lunch: Hamburger w/cheese, bun, baked beans, pineapple, milk PM snack: Soft pretzel w/cheese, juice Snack: Cooks choice, water | 15 AM snack: Cooks choice, water BR: Breakfast burrito, pineapple, milk Lunch: Vegetable soup, ½ turkey sandwich, peas, peaches, crackers, milk PM snack: Monkey bread, apple slices, water Snack: Cooks choice, water | 16 AM snack: Cooks choice, water BR: Oatmeal, apples, milk Lunch: Scrambled eggs, ham patty, hash brown patty, mandarin oranges, toast, milk PM snack: Chex mix, juice Snack: Cooks choice, water | 17 AM snack: Cooks choice, water BR: English muffin, jelly, pears, milk Lunch: Mac n’ cheese, green beans, mandarin oranges, roll, milk PM snack: Lemon bread, milk Snack: Cooks choice, water |
| 20 AM snack: Cooks choice, water BR: Toast, jelly, pears, milk Lunch: Hamburger noodle casserole, carrots, applesauce, bread & butter, milk PM snack: Crackers, string cheese, water Snack: Cooks choice, water | 21 AM: Cooks choice, water BR: Cereal, banana, milk Lunch: Beef taco, tortilla, shredded cheese, lettuce, salsa, sour cream, corn, peaches, milk PM snack: Goldfish crackers, juice Snack: Cooks choice, water | 22 AM snack: Cooks choice, water BR: Sausage biscuit, fruit cocktail, milk Lunch: Tomato soup, grilled cheese, mixed vegetables, pineapple, milk PM snack: Apple slices, crackers, water Snack: Cooks choice, water | 23 AM snack: Cooks choice, water BR: Oatmeal, grapes, milk Lunch: Creamed chicken on biscuit, peas, mandarin oranges, milk PM snack: Pudding, vanilla wafers, juice Snack: Cooks choice, water | 24 AM snack: Cooks choice, water BR: Cinnamon roll, peaches, milk Lunch: French bread cheese pizza, green beans, pears, milk PM snack: Cookie, milk Snack: Cooks choice, water |
| 27 AM: Cooks choice, water BR: Sausage cornbread muffin, pears, milk Lunch: Spanish rice w/hamburger, peas, breadstick, peaches, milk PM snack: Animal crackers, apples, water Snack: Cooks choice, water | 28 AM snack: Cooks choice, water BR: Cereal, oranges, milk Lunch: Ham patty & scalloped potatoes, green beans, pears, roll, milk PM snack: Pita bread, dip, juice Snack: Cooks choice, water | 29 AM snack: Cooks choice, water BR: Waffle, syrup, tropical fruit, milk Lunch: Chili, cheese, crackers, mixed vegetables, applesauce, milk PM snack: Granola bar, pears, water Snack: Cooks choice, water | 30 AM snack: Cooks choice, water BR: Oatmeal, apples, milk Lunch: Chicken strips, peas, rice pilaf, mandarin oranges, milk PM snack: Mini pizza bites, juice Snack: Cooks choice, water | 31 AM snack: Cooks choice, water BR: Egg biscuit, pears, milk Lunch: Jelly sandwich, cottage cheese, corn, pineapple, milk PM snack: Rice krispie treat, milk Snack: Cooks choice, water |