



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		<h1>March Veg 2010</h1>					
	<p>1 B: ♥Whole Wheat Bagels w/☉ cream cheese, Mixed Fruit, Milk</p> <p>L Vegetable Soup w/noodles, Sweet Pea, Peaches, Milk</p> <p>S: ♥☉☐Cornbread Muffins and Milk</p>	<p>2 B: ☐☉Waffles, Applesauce and Milk</p> <p>L: Hummus, ♥Wheat Roll, Broccoli, Diced Pears, and Milk</p> <p>S: ☉ Yogurt and Graham Crackers and Water</p>	<p>3 B: ♥Raisin Bran, Sliced Oranges, Milk</p> <p>L:☉♥Grilled Cheese Sandwiches, Tomato Soup, Sliced Fresh Apple, and Milk</p> <p>S: Boiled Eggs and ♥Wheat Crackers and Water</p>	<p>4 B: ♥Biscuit w/Jelly, Pineapple Tidbits, and Milk</p> <p>L: ♥Ziti w/marinara and ☉cheese , Green Beans, Fruit Cocktail, and Milk</p> <p>S: ♥Pretzel Twists and Milk</p>	<p>5 B: Rice Krispies, Bananas, Milk</p> <p>L: Egg and Cheese Burrito, Mexican Corn, Mandarin Oranges, and Milk</p> <p>S: Animal Crackers and Orange Juice</p>	6	
7	<p>8 B: ♥Cheese Toast, Tropical Fruit and Milk</p> <p>L: Black Bean Patty on Bun, Sweet Peas, Peaches, and Milk</p> <p>S: Bananas and Trail Mix and Water</p>	<p>9 B: ? Cinnamon Oatmeal, Applesauce, and Milk</p> <p>L: ☉♥Macaroni and Cheese, Spinach Diced Pears and Milk</p> <p>S: Graham Crackers and Milk</p>	<p>10 B: ♥Cheerios, Sliced Oranges, Milk</p> <p>L: ☉Cheese and Bean ♥Soft Taco, Mexican Corn, Fruit Cocktail, and Milk</p> <p>S: Whole wheat Crackers and Milk</p>	<p>11 B: Raisin Bread, Apple Slices and Milk</p> <p>L: ☉Vegetable Lasagna, Broccoli, Pineapple Tidbits, and Milk</p> <p>S: Whole Wheat Pita w/cheese and Water</p>	<p>12 B: Cornflakes, Bananas, Milk</p> <p>L: ♥☉☐Boca Crumble in Sloppy Joe Sauce on Bun, Green Beans, Mandarin Oranges, and Milk</p> <p>S: ♥☉ Baked Goldfish Crackers and Apple</p>	13	
14	<p>15 B: Rice Krispies, Sliced Oranges, Milk</p> <p>L: ♥☉☐Boca Burger w/gravy, Mashed Potatoes, Sweet Peas ♥Wheat Dinner Roll, Diced Pears, and Milk</p> <p>S: ♥☉☐Cornbread Muffins and Milk</p>	<p>16 B: ♥☉☐Pancakes, Pineapple tidbits and Milk</p> <p>L:☉♥Grilled Cheese Sandwiches, Tomato Soup, Sliced Fresh Apple, and Milk</p> <p>S: ☉ Yogurt and Graham Crackers and Water</p>	<p>17 B: ♥Cheerios, Sliced Oranges, Milk</p> <p>L: ☉☐Spinach Quiche, Rice, Green Beans, Peaches, and Milk</p> <p>S: Bananas and Trail Mix and Water</p>	<p>18 B: ♥Biscuit w/Jelly, Fruit Cocktail, and Milk</p> <p>L: Boca-A-Roni, Broccoli, Sliced Apples, and Milk</p> <p>S: ♥Pretzel Twists and Milk</p>	<p>19 B: ♥ Raisin Bran, Bananas, Milk</p> <p>L: Breaded Eggplant on Bun, Baked (veg) Beans, Mandarin Oranges, Milk</p> <p>S: ♥☉Chex Cereal and Orange juice</p>	20	
21	<p>22 B:♥English Muffins w/ jelly, Mixed Fruit, milk</p> <p>L: Veg. Chili w/ cornbread, Green Beans, Peaches, Milk</p> <p>S: Animal Crackers and Milk</p>	<p>23 B: Cornflakes, Sliced Oranges, Milk</p> <p>L: ☉♥ Mini Cheese Pizza, Carrots, Sliced Fresh Apples and Milk</p> <p>S: Graham Crackers and Milk</p>	<p>24 B: ☉Cheese Grits, Tropical Fruit, Milk</p> <p>L: Black Bean Patty, Sweet Potatoes, Diced Pears, Wheat Rolls, Milk</p> <p>S: Whole Wheat Crackers, "Ants on a Log" (celery, cream cheese and raisins) and Water</p>	<p>25 B: ☐ Egg and ☉ Cheese ♥ Burrito, Applesauce and Milk</p> <p>L: ♥Spaghetti with marinara sauce w/mozzarella cheese, broccoli, pineapple tidbits, and milk Preschool's Vegetable: Salad with dressing</p> <p>S: Fig Newton's and Milk</p>	<p>26 B: ♥Cheerios, Bananas, Milk</p> <p>L: Cheese Sandwich, Sweet Peas, Mandarin Oranges, and Milk</p> <p>S: ♥☉ Baked Goldfish Crackers and Apple Juice</p>	27	
28	<p>29 B: ♥Whole Wheat Bagels w/☉ cream cheese, Mixed Fruit, Milk</p> <p>L Vegetable Soup w/noodles, Sweet Pea, Peaches, Milk</p> <p>S: ♥☉☐Cornbread Muffins and Milk</p>	<p>30 B: ♥Raisin Bran, Sliced Oranges, Milk</p> <p>L: ☉♥ Cheese Sandwiches, Baby Carrots, Fruit Cocktail Milk</p> <p>S: ☉ Yogurt and Graham Crackers and Water</p>	<p>31 B: ☐♥☉Waffles, Applesauce and Milk</p> <p>L: Hummus, ♥Wheat Roll, Broccoli, Diced Pears, and Milk</p> <p>S: Boiled Eggs and ♥Wheat Crackers and Water</p>				

If there are any questions or concerns about the food allergies listed, please feel free to call or speak to Lasheenia Fields/Claude Moyer @ the Clairmont Campus or Anita Hendley/Tonda Mitchell @ the Clifton Campus. If there is a known allergy that we might have missed, please let us know. Thanks.

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Allergy Key: ☉ Dairy ☐ Egg ♥Wheat ? Cinnamon Δ Seafood *All Bread Products are Whole-Wheat Enriched.