



Learning Ladder Breakfast, Lunch & Snack Menu March 2017

A breakfast bar and milk are served daily at 7:45 as an early morning snack

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Scrambled Eggs & Oranges Scalloped Potatoes w/Ham Green Beans & Peaches Yogurt, Nilla Wafers & Water	2. Bagels & Cream Cheese Applesauce Pizza Roll-Ups Veggies w/ Dip & Pineapple Goldfish, Fresh Fruit & Water	3. Biscuits w/ Jam & Banana Turkey & Cheese Sandwich Sweet Potato Wedges & Apple Slices Grahams & Milk
6. Cereal & Banana Homemade Mac & Cheese Peas & Peaches Trail Mix w/ Raisins & Water	7. Scrambled Eggs Applesauce & Bread Chicken & Veggie Noodle Soup Orange Slices & Crackers Apple Wedges & Sun Butter	8. Pancakes & Strawberries Sloppy Joes Sweet Potato Wedges & Pineapple Pumpkin Carrot Bars & Milk	9. Apple Cinnamon Oatmeal Baked Ziti Green Beans & Mandarin Oranges Veggies, Hummus & Water	10. Berry & Banana Smoothie Grahams Hot Ham & Cheese Roll-Ups Baked Beans & Mixed Fruit Grahams & Milk
13. Cereal & Banana Cheese Pizza Lettuce Salad, Carrots & Pears Trail Mix w/ Raisin & Water	14. Cheesy Scrambled Eggs Applesauce & Bread Scalloped Potatoes w/ Ham Fruit Salad & Bread Pretzels, Sun Butter & Water	15. Oatmeal & Strawberries Oriental Beef & Rice Broccoli & Mandarin Oranges Cheese, Crackers & Water	16. Tropical Smoothie & Raisin Bread (Pineapple, Banana, Peach) Black Bean Quesadilla Carrot/Celery Sticks & Banana Yogurt, Nilla Wafers & Water	17. Muffin & Banana Ham & Cheese Sandwich Baked Beans & Peac Grahams & Milk 
20. Cereal & Banana  Tomato Soup & Grilled Cheese Carrot/Celery Sticks & Apples Cheese Sticks, Crackers & Water	21. Biscuits & Jam Applesauce Chicken & Gravy over Mashed Potatoes, Peas & Carrots, Bread Trail Mix w/ Raisins & Water	22. Mixed Berry Smoothie Grahams Veggie Pizza Veggies w/ Dip & Mandarin Oranges Fresh Fruit, Pretzels & Water	23. Yogurt w/ Bananas Raisin Bread Cheesy Broccoli & Potato Soup Pineapple & Bread Stick Seasoned Oyster Cracker & Cheese	24. Cinnamon Waffles Banana Turkey & Cheese Sandwich Baked Beans & Peaches Grahams & Water
27. Cereal & Banana Chicken Tacos Corn & Peaches Cheese, Crackers & Water	28. Bagels w/ Cream Cheese Apple Wedges Goulash Green Beans & Oranges Cereal Mix & Milk	29. Pancakes & Strawberries Sloppy Joes Corn & Pineapple Pumpkin Carrot Bars & Milk	30. Oatmeal w/ Apples & Raisins Sausage & Cheese Pizza Veggie Dippers & Banana Fresh Fruit, Nilla Wafers & Water	31. Smoothie & Raisin Bread Ham & Cheese Roll-Ups Baked Beans & Apple Wedges Grahams & Milk

Each breakfast is served with milk, (1) fruit or vegetable, and (1) bread or bread alternative.

Each lunch is served with milk, (1) meat or meat alternative, (2) fruit or vegetable, (1) bread or bread alternative

Each snack includes at least 2 of the following: (1) milk, (1) fruit or vegetable, (1) bread or bread alternative, (1) meat or meal alternative.