Menu runs from 3/3- 3/28

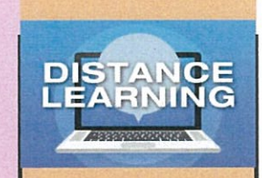
MPA March Menu 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 BRKFAST: 1 c milk WG Pancakes Chicken Breakfast Sausage Mixed Berries **LUNCH: 1 c Milk** **Chicken Lo Mein** **W. Carrot Slims** **OR Chicken Salad Sandwich** **OR Caprese Salad** **Apple**	**4 BRKFAST: 1 c milk** Ham Breakfast Burrito W/ Oranges **LUNCH: 1 c Milk** **Meatball Grinder** **Served W. Bell Peppers** **OR Turkey & Swiss Sandwich** **OR Southwest Chicken Salad** 1 Banana	**5 BRKFAST: 1 c milk** Cinnamon Raisin Bagel W. Cream Cheese OR Jelly 1 Tangerine **LUNCH: 1 c milk** **4 WG Chicken Nuggets** **OR Fish Sticks** Slice of WG Bread 3/4 c. Tater Tots 1 Apple	**6 BRKFAST: 1 c milk** WG Bowlpak Cereal WG Muffin Banana **LUNCH: 1 c milk** **Mr. B's Mac & Cheese** **Garlic Cheesy Bread** **4 Bean Salad** **Orange**	**7 BRKFAST: 1 c milk** Yogurt with Granola Bar 1 Banana **LUNCH: 1 c milk** **1 Slice Pizza** Cheese **OR** Pepperoni Mixed Green Salad Applesauce
10 BRKFAST: 1 c milk Cinnamon Raisin Bagel W. Cream Cheese OR Jelly 1 Tangerine **LUNCH: 1 c milk** **4 WG Chicken Nuggets** **OR Fish Sticks** Slice of WG Bread 3/4 c. Tater Tots 1 Apple	**11 BRKFAST: 1 c milk** Bowlpak WG CEREAL WG Muffin 1/2 C. Applesauce **LUNCH: 1 c milk** **Cheese Quesadilla** **W. Mexican Rice** **Sour Cream & Guacamole** **Served W. Bell Peppers** 1 Orange	**12 BRKFAST: 1 c milk** Lowfat Yogurt Scooby Graham Crackers 1 Banana **LUNCH: 1 c milk** **Chicken Patty Sandwich** **W.Corn** **OR Chicken Ceasar Wrap** **OR Greek Salad** Pears	**13 BRKFAST: 1 c milk** Bagel Egg Sandwich w/ Sausage, Egg & Cheese Banana **LUNCH: 1 c milk** **Chicken Noodle Soup** **W. Grilled Cheese Sandwich** **Served W. Carrots & Celery** **Oranges**	**14 BRKFAST: 1 c milk** WG Cereal Bowlpak Lowfat Smoothie 1 Apple **LUNCH: 1 c milk** **1 Slice Pizza** Cheese **OR** Pepperoni Mixed Green Salad Banana

*** Whole fruit may be subject to change due to seasonality***

17 BRKFAST: 1 c milk WG Pancakes Berries **LUNCH: 1 c milk** **4 WG Chicken Nuggets** **OR Fish Sticks** Slice of WG Bread 3/4 c. Tater Tots 1 Apple	**18 BRKFAST: 1 c milk** WG Chocolate Chip Muffin WG Cereal Mixed Fruit Cup **LUNCH: 1 c milk** **Ham & Cheese Sandwich** **OR Turkey Sandwich** **Served W. Baby Carrots** **Ranch Dipping Sauce** 1 Banana	**19 BRKFAST: 1 c milk** WG Cereal Bowlpak Lowfat Smoothie 1 Banana **LUNCH: 1 c milk** **French Toast Sticks w.** **W.Sausage &Roasted Potatoes** **OR Chicken Ceasar Wrap** **OR Greek Salad** Tangerine	**20 BRKFAST: 1 c milk** Bagel Egg Sandwich w/ Ham, Egg & Cheese Banana **LUNCH: 1 c milk** **Rotini & Meatballs** **Served with Broccoli** **OR Ham & Chs Sandwich** **OR Garden Salad W. Chicken** **Applesauce**	**21 BKFAST: 1 c milk** Banana Muffin Lowfat Cheese Stick 1 Tangerine **LUNCH: 1 c milk** **1 Slice Pizza** Cheese **OR** Pepperoni w.Mixed Greens Banana

***All milk is either fat-free or 1%** ***All cereal is whole grain & low sugar**

24 BRKFAST: 1 c milk **Pancake & Sausage** **on a stick!** **1/2 C. Berries** **LUNCH: 1 c milk** **4 WG Chicken Nuggets** **OR Fish Sticks** Slice of WG Bread 3/4 c. Tater Tots 1 Apple	**25 BRKFAST: 1 c milk** WG Muffin Lowfat Smoothie Banana **LUNCH: 1 c milk**	**26 BRKFAST: 1 c milk** Bowlpak WG CEREAL MPA Bake Shop 1/2 C. Mixed Fruit **LUNCH: 1 C Milk**	**27 BRKFAST: 1 c milk** WG Muffin Lowfat Smoothie Banana **LUNCH: 1 c milk** **1 Slice Pizza** Cheese **OR** Pepperoni w.Mixed Greens Apple	**28 BRKFAST: 1 c milk** 

WW Peanut Butter & Jelly Sandwich Served with fresh veggies and whole fruit	**Yogurt Fun Lunch** Lowfat Yogurt Served with WG Graham Cracker veggies & fruit	**Cheese & Cracker Pack** Lowfat Cheese Stick Served with fresh veggies and whole fuit		**Hummus Pack** Hummus Cup Served with WG crackers fresh veggies and whole fruit

This institution is an equal opportunity provider.