

MARCH 2025 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
3 1 cup 1% Milk 1 WG bagel w/light Cream Cheese 1 Turkey Sausage Link ½ cup Pears 1 cup Orange Juice	4 1 cup 1% Milk 2sl. WW Toast w/Apple Butter 1 Scramble Egg ½ cup Peaches 1 cup Cranberry Juice	5 1 cup 1% Milk 1 cup Rice Krispies Cereal 1 slice WG toast 1 TBS Almond Butter ½ cup Cherry Yogurt ½ cup Tropical Fruit	6 1 cup 1% Milk 1 Cup Oatmeal w/ Cinnamon ½ cup strawberry Yogurt ½ cup Blueberries 1 cup Grape Juice	7 1 cup 1% Milk 2oz WG Biscuit 1 Boiled Egg ½ cup Mango 1 cup Orange Juice
10 1 cup 1% Milk 1 WG bagel w/light Cream Cheese 1 Turkey Sausage Link ½ cup Pears 1 cup Orange Juice	11 1 cup 1% Milk 2 sl. WW Toast w/ Apple Butter 1 Scramble Egg ½ cup Peaches 1 cup Cranberry Juice	12 1 cup 1% Milk 1 cup Rice Krispies Cereal 1 sl. WG toast 1 TBS Almond Butter ½ cup Cherry Yogurt ½ cup Tropical Fruit 1 cup Apple Juice	13 1 cup 1% Milk 1 cup Oatmeal w/ Cinnamon ½ cup strawberry Yogurt ½ cup Blueberries 1 cup Grape Juice	14 1 cup 1% Milk 2oz WG Biscuit 1 Boiled Egg ½ cup Mango 1 cup Orange Juice
17 1 cup 1% Milk 1 WG bagel egg& Cheese sandwich ½ cup Pears 1 cup Orange Juice	18 1 cup 1% Milk 2 sl. WW Toast w/ Apple Butter 1 Scramble Egg ½ cup Peaches 1 cup Cranberry Juice	19 1 cup 1% Milk 1 cup Rice Krispies Cereal 1 sl. WG toast 1 TBS Almond Butter ½ oz. Cherry Yogurt ½ cup Tropical Fruit 1 cup Apple Juice	20 1 cup 1% Milk 1 cup Oatmeal w/ Cinnamon ½ cup strawberry Yogurt ½ cup Blueberries 1 cup Grape Juice	21 1 cup 1% Milk 2oz WG Biscuit 1-Boiled Egg ½ cup Mango 1 cup Orange Juice
24 1 cup 1% Milk 1 WG bagel egg& Cheese sandwich ½ cup Pears 1 cup Orange Juice	25 1 cup 1% Milk 2 sl. WW Toast w/Apple Butter 1 Scramble Egg ½ cup Peaches 1 cup Cranberry Juice	26 1 cup 1% Milk 1 cup Rice Krispies Cereal 1 TBS Almond Butter 1 sl. WG toast ½ cup Cherry Yogurt ½ cup Tropical Fruit 1 cup Apple Juice	27 1 cup 1% Milk 1 cup Oatmeal w/ Cinnamon ½cup strawberry yogurt ½ cup Blueberries 1 cup Grape Juice	28 1 cup 1% Milk 2oz WG Biscuit 1 Boiled Egg ½ cup Mango 1 cup Orange Juice
31 1 cup 1% Milk 1 WG bagel egg& Cheese sandwich ½ cup Pears 1 cup Orange Juice				

MARCH 2025 Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 ½ cup cottage cheese LS Chicken & Rice Soup	4 1 Slice Cheese 7 ww Ritz crackers	5 1 cup 1% Milk ½ cup Mandarin Oranges	6 ½ PB& J sandwich ½ cup apple sauce	7 1 cup 1% milk 8 Graham Crackers
10 ½ cup Cranberry Juice 1 c LS Chicken & Rice Soup	11 1 Slice Cheese 7 ww Ritz crackers	12 1 cup 1% Milk ½ cup Mandarin Oranges	13 ½ PB& J sandwich ½ cup apple sauce	14 1 cup 1% Milk 8 Graham Crackers
17 ½ cup Cranberry Juice 1 c LS Chicken & Rice Soup	18 1 Slice Cheese 7 ww Ritz Crackers	19 1 cup 1% Milk ½ cup Mandarin Oranges	20 ½ PB& J sandwich ½ cup apple sauce	21 1 cup 1% Milk 8 Graham Crackers
24 ½ cup Cranberry Juice 1c LS Chicken & Rice Soup	25 1 Slice Cheese 7 ww Ritz Crackers	26 1 cup 1% Milk ½ cup Mandarin Oranges	27 ½ PB& J sandwich ½ cup apple sauce	28 1 cup 1% Milk 8 Graham Crackers
31 ½ cup Cranberry Juice 1c LS Chicken & Rice Soup				