
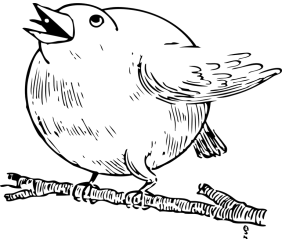



CACFP After School Program Menu MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Salad ($\frac{1}{4}$ c=2 oz) WG Pretzel Bun (1 each) Veggie Sticks ($\frac{1}{2}$ cup) Low-fat Dressing (2T) Grapes ($\frac{1}{4}$ cup) 1% White Milk (8 oz)
4 <u>Make Your Own Parfait!</u> Low-fat Vanilla Yogurt(1c) Peaches ($\frac{1}{4}$ cup) Roasted Chickpea Poppers ($\frac{1}{2}$ cup) Veggie Sticks ($\frac{1}{4}$ cup) WG Blueberry Bread (1) 1% White Milk (8 oz)	5 NO SCHOOL	6 <u>Whole Grain Gobbler!</u> Turkey & Cheddar on a Whole Grain Bun (1 sand) Mayo & Mustard Packet (1 ea) Shredded Lettuce ($\frac{1}{2}$ cup*) Grape Tomatoes (4= $\frac{1}{4}$ cup) Cantaloupe Melon (1 wedge= $\frac{1}{4}$ c) 1% White Milk (8 oz)	7 <u>Do you know the Muffin Man?</u> Chef's Choice WG Muffin (1) Orange Wedges (2= $\frac{1}{4}$ c) Fresh Seasonal Veggie ($\frac{1}{2}$ cup) Low-fat Dip (2T) Hard Boiled Egg (1) 1% White Milk (8 oz)	8 <u>Make Your Own Chef Salad!</u> Fresh Greens ($\frac{1}{2}$ cup*). Carrots ($\frac{1}{8}$ c) & Cukes ($\frac{1}{4}$ c.) Ham (1.5 oz) Cheese (1 oz) WG Breadstick (1) Low fat Dressing (2 T) Kiwi (1 whole= $\frac{1}{2}$ cup) 1% White Milk (8 oz)
11 WG Tortilla Chips (1 oz = 10) Fresh Salsa ($\frac{1}{4}$ cup) Shredded Cheddar (2 oz) Low Fat Sour Cream (2 T) Shredded Romaine ($\frac{1}{2}$ cup*) Fruit Cup ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	12 Ham & Provo in a WG Bun or Wrap (1) Lettuce ($\frac{1}{2}$ cup measured*) Cucumber Slices (3 Slices = $\frac{1}{4}$ cup) Fresh Apple (1= $\frac{1}{2}$ cup) 1% White Milk (8 oz)	13 Whole Wheat Bread Stick (1) Marinara ($\frac{1}{4}$ cup) String Cheese (2- 1 oz sticks) Baby Carrots ($\frac{1}{4}$ cup) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	14 Tuna Salad (1/3 cup) WG Hot Dog Bun (1) Mini Pretzels (.4 oz = $\frac{1}{4}$ cup) Fresh Vegetable Sticks ($\frac{1}{2}$ cup) Low Fat Ranch Dressing (2T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	15 Soft WG Pretzel (1) Cottage Cheese ($\frac{1}{2}$ cup=2 oz) Pears ($\frac{1}{4}$ Cup) Baby Carrots ($\frac{1}{2}$ cup) 1% White Milk (8 oz)
18 <u>Build Your Own Pizza Snackers!</u> Whole Grain Flatbread Sq. (6) Marinara ($\frac{1}{4}$ cup) Shredded Mozzarella (2 oz) Pepper Strips ($\frac{1}{4}$ cup) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	19 <u>Make Your Own Parfait!</u> Low-fat Vanilla Yogurt (1c) Strawberries (1/4 c) Whole Grain Banana Bread (1) Colorful Cauliflower ($\frac{1}{2}$ cup) Low-fat Ranch (2T) 1% White Milk (8 oz)	20 Cold Cereal (1) Orange Wedges (2= $\frac{1}{4}$ cup) Mini Sweet Peppers ($\frac{1}{2}$ cup) Homemade Hummus ($\frac{1}{4}$ cup) Hard Boiled Eggs (1) 1% White Milk (8 oz)	21 <u>Create Your Own Chef Salad!</u> Fresh Greens ($\frac{1}{2}$ cup)* Carrots ($\frac{1}{8}$ c) & Cukes ($\frac{1}{4}$ cup.= aprox. 3 slices) Turkey(1.6 oz) Cheese (1 oz) Whole Grain Breadstick (1) Low fat Dressing (2 T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz)	22 Cheddar Cheese (2 oz) WG Crackers (3 packs = 6 crackers) Cucumber Slices (3= $\frac{1}{4}$ cup) Baby Carrots (3= $\frac{1}{4}$ cup) Low-fat Dressing (2T) Fruit ($\frac{1}{4}$ cup) 1% White Milk (8 oz) (BMU ONLY- BES & NES CLOSED)

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<p>25</p> <p>Egg Salad (1/3 cup) WG Pita or Flatbread (1) Veggie Sticks (½ cup) Low-fat Dressing (2T) Fruit (¼ cup) 1% White Milk (8 oz)</p>	<p>26</p> <p>WG Soft Pretzel (1) String Cheese (1- 1oz) Yogurt Cup (1- 4 oz) Pineapple (¼ cup) Seasonal Fresh Veggies (½ Cup) 1% White Milk (8 oz)</p>	<p>27</p> <p>WG Tortilla Chips (1 oz = 10) Fresh Salsa (¼ cup) Shredded Cheddar (2 oz) Low Fat Sour Cream (2 T) Shredded Romaine (½ cup*) Fruit Cup (½ cup) 1% White Milk (8 oz)</p>	<p>28</p> <p>Whole Grain Bagel (1) Sunbutter (2.2 oz) Celery Sticks (½ cup=6) Raisins (½ c measured) 1% White Milk (8 oz)</p>	<p>29</p> <p>Turkey & Cheese Wrap (1) Mayo & Mustard Packet (1 ea) Shredded Lettuce (½ cup*) Tomato Slice (2=⅜ cup) Matchstick Carrots (⅓ cup) Petite Ripe Banana (1= ½ c) 1% White Milk (8 oz)</p> <p style="text-align: center;">(BES & NES ONLY- BMU CLOSED)</p>
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