

# KIDZ CAFE MENU

## MARCH 2021

### Monday

**(B)** Oatmeal w/Brown Sugar & Cinnamon and Bananas **1**  
**(L)** Taco Salad (made w/ Ground Turkey, Diced Tomatoes, Lettuce, Taco Shell) Spanish Rice, Peas, Orange Slices  
**(S)** Wheat Crackers and 100% Apple Juice

**(B)** Pancakes, Mixed Fruit **8**  
**(L)** HM Macaroni & Cheese with Turkey Crumbles, Green Beans, Pears  
**(S)** Kidz Mix and 100% Apple Juice

**(B)** Waffles & Diced Pineapples **15**  
**(L)** Chicken Nuggets, Carrots, Pears, Whole Wheat Bread  
**(S)** Soft Pretzel and 100% Grape juice

**(B)** Kix Cereal, Diced Pears **22**  
**(L)** Turkey and Brown Rice Casserole, Corn, pineapples, Vanilla Yogurt  
**(S)** Kidz Mix and 100% Grape Juice

**(B)** French Toast Sticks, Apple Sauce **29**  
**(L)** Baked Spaghetti w/HM Turkey Meat Sauce, Mixed Fruit, Mixed Veg.  
**(S)** Hummus, Pita Bread and 100% Grape Juice

### Tuesday

**(B)** Wheat Toast with pineapples **2**  
**(L)** Tuna Wrap (Tuna & Whole wheat Tortilla), Carrots, Mixed Fruit  
**(S)** Kidz Mix and 100% Apple Juice

**(B)** Apple Sauce, Cheerios **9**  
**(L)** Baked Spaghetti w/ HM Meat Sauce, Peas, Diced Peaches  
**(S)** Mini Honey Wheat Bagel w/ Soy Butter and 100% Apple Juice

**(B)** Sliced Oranges, Cheerios **16**  
**(L)** Baked Tilapia, Peas, Diced Peaches, Brown Rice  
**(S)** Colorful Pepper Slices with Hummus and 100% Apple Juice

**(B)** Buttermilk Biscuits with Butter/Jelly, fruit cocktail **23**  
**(L)** Turkey Burger on a whole wheat bun, peas, Sliced Strawberries  
**(S)** Tortilla Chips, Salsa and 100% Grape juice

**(B)** Corn Chex cereal with pineapples **30**  
**(L)** Turkey Dogs, Wheat bun, Mixed Veg., Sliced Apples  
**(S)** String Cheese, Wheat Crackers and 100% Apple Juice

### Wednesday

**(B)** Waffle Sticks & Bananas **3**  
**(L)** Soy Butter & Jam Sandwich, Peas, Apple Sauce, extra soy butter  
**(S)** String Cheese & 100% Apple Juice

**(B)** Waffle Sticks, Sliced Bananas **10**  
**(L)** Turkey & Cheese Sandwich, Carrots, Fruit Cocktail  
**(S)** HM Banana Bread and 100% Apple Juice

**(B)** Kix Cereal with Mixed Fruit **17**  
**(L)** Shredded BBQ chicken, on a whole-wheat bun, green beans, Apple Sauce  
**(S)** Kidz Mix & 100% Grape Juice

**(B)** Whole Wheat French Toast Sticks, Peaches **24**  
**(L)** Chicken Patty, Carrots, Sliced Oranges and Wheat Bread  
**(S)** Goldfish and 100% Grape Juice

**(B)** Pancakes and Pineapples **31**  
**(L)** Fish Sticks, Peas, Pears, ½ Slice whole wheat bread  
**(S)** Kidz Mix, 100% Grape Juice

### Thursday

**(B)** Kix Cereal with Mixed Fruit **4**  
**(L)** Chicken Patty, Green Beans, Peaches, Whole Wheat Roll  
**(S)** Strawberry Yogurt with HM Granola & 100% Apple Juice

**(B)** Healthy Breakfast Bars and Sliced Oranges **11**  
**(L)** Fun Fish, Corn, Pineapple Chunks, Corn Bread Squares  
**(S)** Goldfish and 100% Apple Juice

**(B)** Pancakes, sliced peaches **18**  
**(L)** Tuna Wrap (Tuna & Whole Wheat Tortilla) Carrots, Sliced Apples  
**(S)** Vanilla Yogurt, peaches and water

**(B)** Corn Chex Cereal with Pineapples **25**  
**(L)** Baked Spaghetti w/ HM Turkey Meat Sauce, Green Beans, Apple Sauce  
**(S)** Wheat Crackers and 100% Grape Juice

### Friday

**(B)** Waffles, Pears **5**  
**(L)** HM Chicken Salad, Buttered Pasta Noodles, Mixed Veg, Pineapples  
**(S)** Cheez-Its and 100% Apple Juice

**(B)** Corn Chex Cereal with peaches **12**  
**(L)** Turkey Burger with cheese, Mixed Veg., Cinnamon Spiced Apples  
**(S)** HM Granola and Dried Fruit Trail Mix and Water

**(B)** Banana Slices, French Toast Sticks **19**  
**(L)** Turkey & Cheese Sandwich, Mixed Vegetables, Mixed Fruit  
**(S)** Ants on a Log - Celery, Soy Butter, Raisins and 100% Apple Juice

**(B)** Toast, Bananas **26**  
**(L)** Lemon Pepper Baked Tilapia, Pears, Mixed Vegetables, Brown Rice  
**(S)** Apple slices, Soy Butter and Water

### Taste the Difference!

**(B) Breakfast (L) Lunch**

**(S) Snack (HM) Homemade**

\*Milk is served with Breakfast and lunch. Whole Milk for Children under 2 and 1 % for children over the age of 2. \*100 % Juice or water is served with afternoon snack. \*Portions meet CACFP requirements for all ages. \*Bread Products are whole wheat or whole grain.

\*Diced Fruits stored in juice (not syrup) \*Cereal products contain no more than 6 grams of sugar. \*Turkey Products served. No Pork or Beef