



# EAST ALLEGHENY AIU PRESCHOOL

## BREAKFAST AND LUNCH MENU

# MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/1  <div style="color: green; font-size: 1.5em; font-weight: bold; text-align: center;">No School</div>	3/2 Chicken Strips w/ slice of bread  ½ C. Tossed Salad ¼ C. Peaches Variety of ½ Pint 1 % Milk	3/3 Toasted Ham and Cheese  ½ C. Green Beans ¼ C. Pears Variety of ½ Pint 1 % Milk	3/4 Nachos w/ meat, cheese / roll  ½ C. Carrots ¼ C. Mandarin Oranges Variety of ½ Pint 1 % Milk	3/5 Slice of Pizza  ½ C. Corn ¼ C. Mixed Fruit Variety of ½ Pint 1 % Milk
3/8 Chicken Patty Sandwich  ½ C. Lettuce and Tomatoes ¼ C. Asst. Mixed Fruits Variety of ½ Pint 1 % Milk	3/9 Taco w/ meat, cheese  ½ C. Tator Tots ¼ C. Apple slices Variety of ½ Pint 1 % Milk	3/10 Mac and Cheese w/ roll  ½ C. Peas and Carrots ¼ C. Pears Variety of ½ Pint 1 % Milk	3/11 Nachos w/ meat, cheese / roll  ½ C. Corn ¼ C. Peaches Variety of ½ Pint 1 % Milk	3/12 Slice of Pizza  ½ C. Green beans ¼ C. Warmed Cinnamon Applesauce Variety of ½ Pint 1 % Milk
3/15 Fish Sticks w/ roll  ½ C. Green beans ¼ C. Mandarin Oranges Variety of ½ Pint 1 % Milk	3/16 Swedish Meatballs w/ noodles  ½ C. Corn ¼ C. Peaches Variety of ½ Pint 1 % Milk <div style="color: green; font-weight: bold; text-align: center;">PUDDING DAY</div>	3/17 Hot Dog with cheese  ½ C. Carrots ¼ C. Applesauce Variety of ½ Pint 1 % Milk <div style="color: green; font-weight: bold; text-align: center;">St. Patrick's Day</div>	3/18 Nachos w/ meat, cheese / roll  ½ C. Baked Fries ¼ C. Mixed Fruit Variety of ½ Pint 1 % Milk	3/19 Slice of Pizza  ½ C. Peas ¼ C. Pineapple Variety of ½ Pint 1 % Milk
3/22 Popcorn Chicken w/ roll  ½ c. Mixed Veggies ¼ c. Apple slices Variety of ½ Pint 1 % Milk	3/23 Turkey and Gravy  ½ C. Mashed Potatoes ¼ C. Pears Variety of ½ Pint 1 % Milk	3/24 Cheeseburger on a bun  ½ c. Mixed Veggies ¼ c. Asst. Mixed Fruits Variety of ½ Pint 1 % Milk	3/25 Chicken Nuggets w/ roll  ½ C. Corn ¼ C. Peaches Variety of ½ Pint 1 % Milk	3/26 Fish Sticks w/ roll  ½ C. Green beans ¼ C. Mandarin Oranges Variety of ½ Pint 1 % Milk
3/29 Cheesy Meatball Hoagie  ½ C. Tossed Salad ¼ C. Mixed Fruit Variety of ½ Pint 1 % Milk	3/30 Chicken Strips / roll  ½ C. French Fries ¼ C. Pears Variety of ½ Pint 1 % Milk	3/31 Nachos w/ meat, cheese / roll  ½ c. Mixed Veggies ¼ c. Asst. Mixed Fruits Variety of ½ Pint 1 % Milk		



### What Counts as a Reimbursable Meal?

Three, Four, or Five of the following must be taken...

- 1 Meat or Meat Alternative (2 oz.- Hamburger, Cheese, or Hot Dog, etc.)
- 1 Bread or Bread Alternative (8/ week-Sandwich bun, Pizza Crust, etc.)
- 2 Fruit and/or Vegetable (3/4 C.- 1/4 C. Applesauce, 1/2 C. Oven Fries, etc.)
- 1 Milk (1/2 Pt. Or 8 fl. oz.- 1% Chocolate, Skim, etc.)

### BREAKFAST MENU

#### Daily Breakfast

~Assorted Whole Grain Cereals with Toast or Jungle Crackers

~Choices of Fresh Fruits

Served with 100% Assorted Fruit Juice and A Variety of Low Fat Milk

### Menu Subject to Change



## CAFETERIA SUBSTITUTES NEEDED