

Hampton University Child Development Center

March Menu (2/20/2019)

Week 2 Mar 11-15 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Chicken Sausage Biscuit 1 % Milk Mixed Fresh Fruit <i>(cantaloupe, honeydew, pineapple, strawberry)</i>	Turkey Bacon Slices Hash Browns 1 % Milk Bananas	Pancakes 1% Milk Mixed Fresh Fruit <i>(cantaloupe, honeydew, pineapple, strawberry)</i>	Whole Grain Bagels with Plain cream cheese 1% Milk Mixed Fresh Fruit <i>(cantaloupe, honeydew, pineapple, strawberry)</i> no grapes	FRENCH TOAST FRIDAY! Whole Grain French Toast Sticks Bananas 1% Milk
<i>Lunch</i>	Chicken Caesar Wraps <i>(not baked, veggies inside, whole grain tortilla)</i> <i>Ranch dressing on the side, NOT in the wraps</i> Zucchini Sticks <i>w/ Marinara on the side (do not put on top of the zucchini)</i> Fresh sliced strawberries 1% Milk	Chicken Nuggets Mixed Fresh Fruit <i>(cantaloupe, honeydew, pineapple, strawberry)</i> Diced Carrots, peas, cut green beans, corn 1% Milk Ranch	Turkey Meatloaf w/ Seasoned tomato sauce <i>(extra sauce on the side)</i> Succotash Whole Grain Rolls Mixed Fresh Fruit <i>(cantaloupe, honeydew, pineapple, strawberry)</i> 1% Milk	Veggie Cheeseburgers w/ Lettuce & Tomato French Fries Sliced Apples 1% milk	Chicken Sausage Pizza + 1 cheese pizza ALL with regular crust Tossed Salad w/ tomatoes Fresh Sliced Strawberries 1% Milk Ranch Dressing
<i>P.M Snack</i>	Whole Grain Graham Crackers Cucumber sticks water	Whole Grain Goldfish Crackers Sliced apples water	WG Quaker Honey Nut Oatmeal Squares Carrot sticks water	WG Goldfish Crackers Dill pickles water	Whole Grain Graham Crackers Orange Slices water

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March Menu (2/20/2019)

Week 4 Mar 25-29 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	Chicken Sausage Biscuit 1% Milk Fresh Mixed Fruit (cantaloupe, honeydew, pineapple, strawberry) No grapes	Hot Oatmeal 1% Milk Baked sliced apples with Cinnamon	Pancakes 1% Milk Bananas	Turkey Bacon Slices Hash Brown Potatoes 1% Milk Fresh Mixed Fruit (cantaloupe, honeydew, pineapple, strawberry) no Grapes	FRENCH TOAST FRIDAY! French Toast Sticks Banana no grapes 1% Milk
<i>Lunch</i>	Sweet N Sour Chicken Vegetable Mix (chunked broccoli, cauliflower, carrots) Brown Rice Mandarin Oranges 1% Milk	Fried Chicken Wings Collard Greens Garlic Rolls Fresh Sliced apples 1% milk	Chicken Patty Sandwiches w/ Lettuce / tomato Baked Sweet Potato fries w/ Thousand Island dressing on side. Fresh Mixed Fruit (cantaloupe, honeydew, pineapple, strawberry) 1% milk	Spaghetti & Turkey Meatballs Tossed Salad w/ tomatoes/lettuce Rolls Fresh pineapple chunks 1% Milk	Chicken Sausage Pizza + 1 cheese pizza <i>ALL with regular crust</i> Tossed Salad w/ tomatoes Fresh Sliced Strawberries 1% Milk Ranch Dressing+
<i>P.M Snack</i>	Whole Grain Graham Crackers Sliced apples water	WG Quaker Honey Nut Oatmeal Squares Applesauce water	Whole Grain Goldfish Dill pictures water	WG Quaker Honey Nut Oatmeal Squares Sliced oranges water	Whole Grain Graham Crackers Carrot sticks water