

MENU

March 2016

Bundles of Joy University Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 AM Snack: Sausage Wrap(2&3)</p> <p>Lunch: Milk(1) Mini Pizza (2&3) Garden Salad(4) Peaches(5)</p> <p>Supper: Milk(1) Fish Sticks(2) Gold Fish(3) Northwest Vegetable Blend(4) Mixed Fruit(5)</p>	<p>2 AM Snack: Sliced Cheese & Crackers (2&3)</p> <p>Lunch: Milk(1) Sweet and Sour Meatballs(2) Rice(3)Broccoli Normandy(4) Sliced Oranges(5)</p> <p>Supper: Milk(1) Cheese Quesadilla Refried Beans(2&3) Mixed Veggies(4) Applesauce(5)</p>	<p>3 AM Snack: Eggs & Toast(2&3)</p> <p>Lunch: Milk(1) Turkey Melt on an English Muffin(2&3) French Fries(4) Sliced Pears(5)</p> <p>Supper: Milk(1) Chicken Patti on a Roll (2&3) Green Beans(4) Tropical Fruit(5)</p>
<p>6 AM Snack: Strawberries & Yogurt(2&5)</p> <p>Lunch: Milk(1) Cheese Quesadilla(2&3) Broccoli Normandy(4) Sliced Oranges(5)</p> <p>Supper: Milk(1) Meatballs(2) Mashed Potatoes(4) Pears(5) Roll(3)</p>	<p>7 AM Snack: French Toast Sticks(3) Sliced Bananas(5)</p> <p>Lunch: Milk(1) Sloppy Joe(2&3) French Fries(4) Apple Sauce(5)</p> <p>Supper: Milk(1) Fish Sticks(2) Fruit Cocktail(5) Corn(4) Roll(3)</p>	<p>8 AM Snack: Oatmeal(3) Mixed Fruit(5)</p> <p>Lunch: Milk(1) Pizza(2&3) Pineapple Slices(5) String Beans(4)</p> <p>Supper: Milk(1) Chicken Nuggets(2) Raw Carrots(4) Sliced Apples(5)</p>	<p>9 AM Snack: Cereal(3) Blueberries(5)</p> <p>Lunch: Milk(1) Homemade Chicken Noodle Soup(2&3) Mixed Veggies(4) Tropical Fruit(5)</p> <p>Supper: Milk(1) Pigs in a Blanket(2&3) Cucumbers(4) Peaches(5)</p>	<p>10 AM Snack: Cheese Toast(2&3)</p> <p>Lunch: Milk(1) Taco w/ Lettuce, Cheese(2&3) North West Blend(4) Pears(5)</p> <p>Supper: Milk(1) Tuna Wrap(2&3) Celery & Carrots(4) Mixed Fruit(5)</p>
<p>13 AM Snack: Cheerio's(3) Banana(5)</p> <p>Lunch: Milk(1) Grilled Chicken(2) Butter Noodles(3) Steamed Broccoli(4) Fruit Cocktail(5)</p> <p>Supper: Milk(1) Ham Sandwich(2&3) Mixed Veggies(4) Sliced Oranges(5)</p>	<p>14 AM Snack: Oatmeal(3) Banana's(5)</p> <p>Lunch: Milk(1) Chicken Nuggets(2) Sliced Apples(5) Mini Carrots(4)</p> <p>Supper: Milk(1) Spaghetti(3) Salad(4) Pineapple Tidbits(5)</p>	<p>15 AM Snack: Waffles(3) Mixed Berries(5)</p> <p>Lunch: Milk(1) Mac and Cheese(2&3) Pears(5) Northwest Veggie Blend(4)</p> <p>Supper: Milk(1) Meatballs(2) Mash Potatoes(4) Peaches(5) Sliced Bread(3)</p>	<p>16 AM Snack: Yogurt(2) Strawberries(5)</p> <p>Lunch: Milk(1) Cheese Quesadilla(2&3) Green Beans(4) Tropical Fruit(5)</p> <p>Supper: Milk(1) Tuna Fish Wrap(2&3) Apple Wedges(5) Carrots & Celery(4)</p>	<p>17 AM Snack: Cereal(3) Mixed Fruit(5)</p> <p>Lunch: Milk(1) Turkey Melt on English Muffin(2&3) Yams(4) Sliced Cucumbers(4)</p> <p>Supper: Milk(1) Tomato Soup & Grilled Cheese(2&3) Mixed Veggies(4)</p>
<p>20 Brkfst: Cheerios(3) Apples(5)</p> <p>Lunch: Milk(1) Spaghetti made with Turkey Burger(3&2) Garden Salad with cucumbers, carrots, Tomatoes(4)</p> <p>Supper: Milk(1) Homemade Mac and Cheese(2&3) Green Beans(4) Strawberries(5)</p>	<p>21 Brkfst: Scrambled Egg Wrap(2&3)</p> <p>Lunch: Milk(1) Tuna Melt on English Muffin(2&3) Pickle Sticks(4) Sliced Oranges(5)</p> <p>Supper: Milk(1) Garden Salad(4) Ham & Cheese Roll Up(2) Crackers(3) Peaches(5)</p>	<p>22 Brkfst: Pancakes(3) Sausage(2)</p> <p>Lunch: Milk(1) Chicken & Cheese Mini Calzones(2&3) Broccoli(4) Apple Sauce(5)</p> <p>Supper: Milk(1) Barbeque Meat Balls(2) Mashed Potatoes (4) Corn(4) Roll(3)</p>	<p>23 Brkfst: ½ Toasted Bagel w/ butter(3) Apple Spirals(5)</p> <p>Lunch: Milk(1) Grilled Ham & Cheese(2&3) Peas(4) Pears(5)</p> <p>Supper: Milk(1) Chicken Patty Sandwich(2&3) Candied Sweet Potatoes(4) Sliced Pineapple(5)</p>	<p>24 Brkfst: Fresh Baked Blueberry Muffins(5&3)</p> <p>Lunch: Milk(1) Chicken Noodle Soup(2&3) Mixed Veggies(4) Tropical Fruit(5) Biscuit(3)</p> <p>Supper: Milk(1) Turkey & Cheese Squares(2) Crackers(3) Cucumber Sticks(4) Mixed Fruit(5)</p>
<p>27 Brkfst: Cheerios(3) Sliced Bananas(5)</p> <p>Lunch: Milk(1) Grilled Cheese(2&3) Green Beans(4) Mixed Tropical Fruit(5)</p> <p>Supper: Milk(1) Chicken Nuggets(2) Roll(3) Apple Slices(5) Honey Raisin Carrots(4)</p>	<p>28 Brkfst: Waffles(3) Mix Berries(5)</p> <p>Lunch: Milk(1) Baked Ziti(2&3) Corn(4) Orange Slices(5)</p> <p>Supper: Milk(1) Turkey Sausage Casserole(2) with Mixed Veggies(4) Rice(3) Pears(5)</p>	<p>29 Brkfst: Veggie & Cheese Omelet(2&4)</p> <p>Lunch: Milk(1) Mac and Cheese(2&3) Broccoli(4) Strawberries(5)</p> <p>Supper: Milk(1) Yogurt(2) Crackers(3) Carrots(4) & Apple Slices(5)</p>	<p>30 Brkfst: Oatmeal(3) Peaches(5)</p> <p>Lunch: Milk(1) Grilled Chicken Salad(2&4) Mandarin Oranges(5) French Bread(3)</p> <p>Supper: Milk(1) Turkey Sandwich with Lettuce & Mayonnaise(2,4&3) Watermelon(5) Pickle Sticks(4)</p>	<p>31 Brkfst: french toast sticks(3) Mixed Fruit(5)</p> <p>Lunch: Milk(1) Sweet and Sour Chicken(2) Rice(3) Peas(4) Pineapple(5)</p> <p>Supper: Milk(1) Cucumber Tuna Sammies(2,4&3) Apple Sauce(5) Pretzels(3)</p>

**Breakfast/Lunch/Light Supper: 1. Milk 2. Meat, Poultry, Fish, Cheese Eggs, Dry Beans/Peas
3. Bread, Pasta, or Grain 4. Vegetable 5. Fruit**