



MARCH MENU

2012

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Good Luck Traditions Need a little luck? Here are 3 good-luck traditions associated w/St. Patty's Day</p> <ol style="list-style-type: none"> 1. Find a 4-leaf clover 2. Wear Green 3. Kiss the Blarney Stone <p>**this stone is found at Blarney Castle, Ireland --but be prepared to bend over backwards and hold on to a metal bar to accomplish this feat. Good Luck!</p>	<p>Good Luck Traditions Need a little luck? Here are 3 good-luck traditions associated w/St. Patty's Day</p> <ol style="list-style-type: none"> 1. Find a 4-leaf clover 2. Wear Green 3. Kiss the Blarney Stone <p>**this stone is found at Blarney Castle, Ireland --but be prepared to bend over backwards and hold on to a metal bar to accomplish this feat. Good Luck!</p>		<p>1 Hot Dog All meat hot dog Brown Beans Whole Kernel Corn Mix Hot Dog Roll</p>	<p>2 Tuna Salad Sandwich Tuna in water Mayo, onion, celery, relish Ore Ida Tater Tots Hamburger Roll</p>
<p>5 Tomato Rice Florentine Soup Tom sauce, white rice, spinach, celery, onion, milk, seasonings pureed white beans Grilled Cheese</p>	<p>6 Beef Tips Over Mashed Pot. Seasoned sirloin tips, brown gravy Mushrooms Mashed Potatoes Multi Grain Bread</p>	<p>7 Sloppy Joe Ground turkey, onions, peppers, celery, tom. sauce tom. paste, brown sugar, seasonings Mixed Veggies Hamburger Roll</p>	<p>8 Meatball Sub w/peppers Ground beef, tom. sauce, diced peppers • Corn Torpedo Roll</p>	<p>9 Baked Ziti Casserole Ziti pasta, tomato sauce, diced tomato spinach Ricotta cheese, Mozzarella Cheese Grated Parmesan Raisin Bread</p>
<p>12 Minestrone Soup Meatballs, lima beans, red & white kidney beans, peas, carrots, shredded cabbage, diced butternut squash, diced tom. tomato sauce Ch. Sand. -Wh Wheat</p>	<p>13 Chicken-a-la-King Over Rice White meat chicken, gravy, mixed veggies White Rice Multi Grain Bread</p>	<p>14 Shepherd's Pie Ground Beef, brown gravy, whole kernel corn, creamy corn Mashed potatoes White Bread</p>	<p>15 Chicken Patty Tyson breaded chicken patty Seasoned Buttered Zucchini & summer squash Hamburger Roll</p>	<p>16 American Chop Suey Lean Ground Beef, pasta, tom. sauce and diced tom. Seasoned spinach & carrots Marble Rye Bread</p>
<p>19 Chicken Rice Vegetable Soup Diced chicken meat Mixed veggies Celery, onion White rice Chicken broth Ch. Sand. -White</p>	<p>20 Vegetarian Lunch Medley of zucchini, summer squash, carrots, tomatoes, tossed in olive oil, herbs & seasonings Linguini Pasta Cheese Stick Dinner Roll</p>	<p>21 Shepherd's Pie Ground Beef, brown gravy, whole kernel corn, creamy corn Mashed potatoes Whole Wheat Bread</p>	<p>22 Turkey Chili Ground turkey, green peppers, celery, diced and crushed tom. red & white kidney beans whole kernel corn Whole Wheat Bread</p>	<p>23 Chicken Parm. Sand. Tyson breaded chicken patty Tomato Sauce Mozz. Cheese Green Beans Hamburger Roll</p>
<p>26 Chicken Noodle Vegetable Diced chicken meat Carrots, celery, Corn Chicken broth Elbow pasta Ch. Sand. -Wheat</p>	<p>27 Meatball Sub Meatballs, seasoned tom. sauce Mixed Veggies Torpedo Roll</p>	<p>28 Chicken Alfredo Diced chicken meat Creamy, cheesy Alfredo sauce Brown Rice Carrots Wheat Bread</p>	<p>29 Swedish Meatballs Ground beef, brown gravy, sour cream, allspice Mashed Potatoes Oak Bran Bread</p>	<p>30 Pizza Day Extra cheesy pizza Potato Chips Green beans</p>

Child's Name: _____

Programs: Infant/Tiny Tots Toddler Preschool Pre-Kindergarten/Kindergarten Sc. Age/Summer Camp

ALL PORTIONS ARE BASED ON AGE LEVELS GOVERNED BY THE R.I. & MA. FOOD PROGRAMS, served w/ fresh fruit and milk