

# March 2012

Monday					Tuesday					Wednesday					Thursday					Friday																																																																					
<p>February</p> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>27</td><td>28</td><td>29</td><td></td><td></td></tr> </table>					M	T	W	TH	F			1	2	3	6	7	8	9	10	13	14	15	16	17	20	21	22	23	24	27	28	29			<p>April</p> <table border="1"> <tr><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td></tr> </table>					M	T	W	TH	F	2	3	4	5	6	9	10	11	12	13	16	17	18	19	20	23	24	25	26	27	30										<p><u>1</u> Breakfast: Cereal Bowl OR Pancake &amp; Sausage Stick</p> <p><b>Beef Tostada</b> <b>Cheese &amp; Lettuce</b> <b>Mixed Fruit</b> <b>Cinnamon Belly Bears</b></p>					<p><u>2</u> Breakfast: Cereal Bowl OR Breakfast Burrito</p> <p><b>Grilled Cheese Sandwich</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Diced Pears</b></p>					<p style="text-align: center;"><b>Ambrosia</b> (Makes 4 - ½ c servings)</p> <p>3 oranges, peeled and sectioned 2 small grapefruit, peeled and sectioned ½ c orange marmalade 1 tsp. vanilla extract 2 8 oz. fat-free lemon yogurt 2 tbsp. shredded coconut</p> <p><b>Instructions:</b></p> <p>Combine sectioned fruit in medium bowl. Add marmalade and vanilla and stir to coat all citrus. Spoon equal amounts into 4 glasses. Spoon and spread 4 oz. lemon yogurt on top of each portion and top with shredded coconut. Chill for 20-30 minutes before serving.</p> <p><b>Nutritionals: (1/2 cup)</b></p> <p>Calories 299 Total Fat 1.2 g Protein 8 g Carbohydrates 69 g Fiber 4 g Sodium 107 mg</p>				
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<p><u>5</u> Breakfast: Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Grilled Ham and Cheese</b> <b>Celery Sticks</b> <b>Applesauce</b></p>					<p><u>6</u> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Mini Cheeseburgers Twins</b> <b>Oven Fries</b> <b>Carrots</b></p>					<p><u>7</u> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Crispy Chicken Sandwich</b> <b>Lettuce &amp; Pickles</b> <b>Mixed Fruit</b> <b>March Birthday Cookie</b></p>					<p><u>8</u> Breakfast: Cereal Bowl OR Cheese Quesadilla</p> <p><b>Teriyaki Chicken</b> <b>Chow Mein</b> <b>Fresh Fruit</b> <b>Green Beans</b> <b>Fortune Cookie</b></p>					<p><u>9</u> Breakfast: Cereal Bowl OR Tac-Go</p> <p><b>Bean &amp; Cheese Burrito</b> <b>Corn Nibbles</b> <b>Fresh Fruit</b></p>																																																																					
<p><u>12</u> Breakfast: Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Chicken Fajitas</b> <b>Flour Tortillas</b> <b>Lettuce &amp; Cheese</b> <b>Applesauce</b></p>					<p><u>13</u> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Cheese Pizza</b> <b>Green Beans</b> <b>Peaches</b> <b>Double Chocolate Muffin</b></p>					<p><u>14</u> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Chicken Nuggets</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Orange Wedges</b></p>					<p><u>15</u> Breakfast: Cereal Bowl OR Cheese Skillet Omelet</p> <p><b>Pancake</b> <b>Sausage Links</b> <b>Tater Tots</b> <b>Orange Juice</b></p>					<p><u>16</u> Breakfast : Cereal Bowl OR French Toast Stick</p> <p><b>Mac &amp; Cheese</b> <b>Carrots</b> <b>Shape Up</b> <b>Shamrock Cookie</b></p>																																																																					
<p><u>19</u> Breakfast: Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Corn Dog</b> <b>Pinto Beans</b> <b>Luck of the Ice</b> (Sour Apple Italian Ice)</p>					<p><u>20</u> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Popcorn Chicken</b> <b>Diced Pears</b> <b>Baby Carrots</b></p>					<p><u>21</u> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Hamburger on a Bun</b> <b>Lettuce &amp; Pickles</b> <b>Frozen Strawberry Cup</b> <b>Sunshine Bread</b></p>					<p><u>22</u> Breakfast: Cereal Bowl OR Breakfast Wrap</p> <p><b>Turkey Chili</b> <b>Oven Fries</b> <b>Green Beans</b> <b>Chocolate Chip Muffin</b></p>					<p><u>23</u> Breakfast: Cereal Bowl OR Cheese Skillet Omelet</p> <p><b>French Bread Cheese</b> <b>Pizza</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Pears</b></p>																																																																					
<p><u>26</u> Breakfast: Cereal Bowl OR Bagel &amp; Cream Cheese</p> <p><b>Oven Roasted Chicken</b> <b>Corn on the Cob</b> <b>Diced Pears</b> <b>Dinner Roll</b></p>					<p><u>27</u> Breakfast: Cereal Bowl OR Cinnamon Roll</p> <p><b>Sunnyside Up Sandwich</b> (Egg, Ham, Cheese on an English Muffin) <b>Tater Tots</b> <b>Orange Juice</b></p>					<p><u>28</u> Breakfast: Cereal Bowl OR Cereal Bar &amp; String Cheese</p> <p><b>Beef Spaghetti</b> <b>String Cheese</b> <b>Tossed Salad</b> <b>Ranch Dressing</b> <b>Applesauce</b></p>					<p><u>29</u> Breakfast: Cereal Bowl OR Pancake &amp; Sausage Stick</p> <p><b>Crispy Chicken Sandwich</b> <b>Lettuce &amp; Pickles</b> <b>Frozen Peach Cup</b> <b>Dino Bites</b></p>					<p><u>30</u> Breakfast: Cereal Bowl OR Breakfast Burrito</p> <p><b>Bean &amp; Cheese Burrito</b> <b>Jicama Sticks</b> <b>Mixed Fruit</b></p>																																																																					