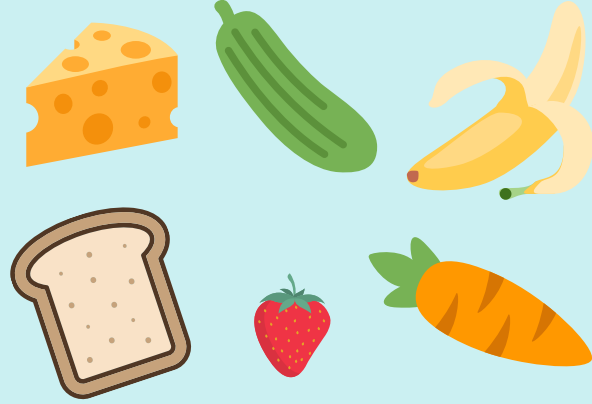




# MARCH

## SNACK MENU



March's learning theme is  
"Spring & the Farm"

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	LATE PM SNACK	
MON	AM: Apple slices with cheese  PM: Whole grain tortilla chips and pineapple salsa	AM: Frozen strawberry & mango yogurt bark  PM: Roasted red pepper bruschetta	AM: Apple slices with cheese  PM: Whole grain tortilla chips and pineapple salsa	AM: Frozen strawberry & mango yogurt bark  PM: Roasted red pepper bruschetta	AM: Frozen strawberry & mango yogurt bark  PM: Roasted red pepper bruschetta	AM: Frozen strawberry & mango yogurt bark  PM: Roasted red pepper bruschetta	Organic clementines & Cheerios
TUE	AM: Green smoothie (kale, spinach, pineapple, banana, mango)  PM: "The Veggie Patch" (baby carrots, green beans & Greek yogurt dip)	AM: <u>Sweet potato pancakes</u>  PM: Cauliflower "Sheep" with Greek yogurt dip	AM: Green smoothie (kale, spinach, pineapple, banana, mango)  PM: "The Veggie Patch" (baby carrots, green beans & Greek yogurt dip)	AM: <u>Sweet potato pancakes</u>  PM: Cauliflower "Sheep" with Greek yogurt dip	AM: Green smoothie (kale, spinach, pineapple, banana, mango)  PM: "The Veggie Patch" (baby carrots, green beans & Greek yogurt dip)	AM: Green smoothie (kale, spinach, pineapple, banana, mango)  PM: "The Veggie Patch" (baby carrots, green beans & Greek yogurt dip)	Organic watermelon & crackers
WED	AM: Superfood quinoa porridge with berries  PM: Rice cake "Pigs"	AM: Banana overnight oats  PM: Whole grain pasta with Parmesan and broccoli	AM: Superfood quinoa porridge with berries  PM: Rice cake "Pigs"	AM: Banana overnight oats  PM: Whole grain pasta with Parmesan and broccoli	AM: Superfood quinoa porridge with berries  PM: Rice cake "Pigs"	AM: Superfood quinoa porridge with berries  PM: Rice cake "Pigs"	Organic bananas & cinnamon bread
THU	AM: Carrot bread with orange slices  PM: Tomato and basil soup with cheese bread	AM: Yogurt and mixed berries  PM: Southwest quinoa with mangoes and red peppers	AM: Carrot bread with orange slices  PM: Tomato and basil soup with cheese bread	AM: Yogurt and mixed berries  PM: Southwest quinoa with mangoes and red peppers	AM: Yogurt and mixed berries  PM: Southwest quinoa with mangoes and red peppers	AM: Yogurt and mixed berries  PM: Southwest quinoa with mangoes and red peppers	Organic melon & crackers
FRI	AM: Brown rice Farina  PM: Sweet potato and black bean quesadillas	AM: Cottage cheese and fresh melon  PM: Parmesan roasted carrots and crackers	AM: Brown rice Farina  PM: Sweet potato and black bean quesadillas	AM: Cottage cheese and fresh melon  PM: Parmesan roasted carrots and crackers	AM: Cottage cheese and fresh melon  PM: Parmesan roasted carrots and crackers	AM: Cottage cheese and fresh melon  PM: Parmesan roasted carrots and crackers	Organic carrots & tortilla chips

We will use organic ingredients for products. Any exceptions or changes to the menu will be noted and are always accessible to families upon request.