

Early Care and Education (ECE) Site Spring Menu Samples for 3–5-Year-Old Children

March 2024 | Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Overnight Oats and Berries CC Spiced Oatmeal	Whole Grain (WG) Grits with Reduced Fat Cheese	FH Easy Whole Wheat Drop Biscuits CC Pancakes	WG Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	N/A	Reduced Fat Cheese from WG Grits with Reduced Fat Cheese	Scrambled Eggs	N/A	N/A
Veg or Fruit	Cantaloupe Cubes	Apple Slices	Blueberries	Peach Slices	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	N/A	N/A	WG English Muffin	WG Crackers	Mini Pretzels
Meat/Alt/Other	Low-Fat Cottage Cheese	Vanilla Low-Fat Yogurt	Sunflower Butter	Low-Fat Cheese Sticks	N/A
Veg or Fruit	Grape Halves	Mixed Berries	Orange Slices		Apple Slices
Milk or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
Lunch*					
Grain	WG Bun	Brown Rice	WG Roll	WG Pasta in the Two-Headed Monster Meal	WG Garlic Bread
Meat/Alt	FH or CC Ham Pasta Salad	FH or CC Tuscan White Bean Pasta	FH Mini Salmon Loaves CC Mini Salmon Loaves	FH or CC Two-Headed Monster Meal	FH or CC Sunny Lemon Chicken
Veg	Steamed Green Beans	FH Cool Cucumber and Tomato Salsa (Page 27) CC Salad Shaker	Steamed Carrots	Steamed Broccoli Florets	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes , and Cucumbers with Low-Fat Ranch Dressing
Fruit	Apple Slices	Orange Slices	Apple Slices	Pineapple Tidbits	Mango Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk

***Carrots, beets and radishes** are the Harvest of the Month for March 2024. All meals including **carrots, beets, and radishes** are indicated in **orange**.

*Resources: [Child and Adult Breakfast Table \(azureedge.us\)](#), [Child and Adult Snack Table \(azureedge.us\)](#), and [Child and Adult Lunch and Supper Table \(azureedge.us\)](#).

* FH = Family Childcare Homes with recipes for 6 servings; CC = Childcare Centers with recipes for 25 to 50 serving



This institution is an equal opportunity provider.
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Week 2 of March 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Berry Medley and Quinoa Breakfast Bake CC Oatmeal Muffin Square	WG Cereal	FH Mango Smoothie Bowl with Granola CC Granola	FH Fruit and Yogurt Roll-Ups CC Fruit and Yogurt Roll-Ups	WG Bagel with Cream Cheese
Meat/Alt	N/A	N/A	N/A	N/A	N/A
Veg or Fruit	Berries from FH Breakfast Bake Berries for CCs	Raspberries	Mango from FH Smoothie Bowl Mixed Berries from CC Granola	Cantaloupe Cubes	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain/Other	N/A	WG Crackers	FH Dried Fruit and Cereal Snack Mix CC Dried Fruit and Cereal Snack Mix	N/A	Mini Pretzels
Meat/Alt	Hummus	Low-Fat Cheese Sticks	N/A	Low-Fat Cottage Cheese	N/A
Veg or Fruit	Snap Peas	N/A	Fruit from Dried Fruit and Cereal Snack Mix	Carrot Sticks with Low-Fat Ranch Dressing	Apple Slices
Milk or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
Lunch*					
Grain	Brown Rice from FH Cuban Black Beans and Rice Tortilla from CC Fiesta Wrap	WG Tortilla from Curry Chicken Wrap	Brown Rice	WG Pita from Pizza Kebab	WG Tortilla in Asian Chicken Wraps
Meat/Alt	Beans from FH Cuban Black Beans and Rice Beans from CC Fiesta Wrap	FH Curry Chicken Wrap CC Curry Chicken Wrap	FH Sauteed Tempeh with Vegetables CC Sauteed Tempeh with Vegetables	FH or CC Pizza Kebab	FH or CC Asian Chicken Wraps
Veg	FH Corny Salsa with Tortilla Chips CC Corny Salsa with Tortilla Chips	Steamed Carrots	Steamed Cauliflower	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes , and Cucumbers with Low-Fat Ranch Dressing	FH Baked Carrot Fries with Yogurt-Sunflower Seed Butter Dip CC Baked Carrot Fires with Yogurt-Sunflower Seed Butter Dip
Fruit	Raspberries	Peach Slices	Pineapple Tidbits	Orange Slices	Apple Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	ow/Fat-Free Milk

Week 3 of March 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	Waffles from FH Strawberry and Waffle Kebabs With Maple-Yogurt Dip Waffles from CC Strawberry and Waffle Kebabs with Maple-Yogurt Dip	WG Grits with Reduced Fat Cheese	FH Cheesy Egg, Sausage, and Potato Casserole CC Cheesy Egg, Sausage, and Potato Casserole	WG Oatmeal	WG Breakfast Cereal or Low-Sugar Cereal
Meat/Alt	Low-Fat Yogurt from Strawberry and Waffle Kebabs with Maple-Yogurt Dip	Reduced Fat Cheese from WG Grits	N/A	N/A	N/A
Veg or Fruit	Strawberries from Strawberry and Waffle Kebabs with Maple-Yogurt Dip	Apple Slices	Apple Slices	Peach Slices	Strawberries
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	N/A	WG Crackers	WG Graham Crackers	N/A	WG Mini Pretzels
Meat/Alt	Low-Fat Cottage Cheese	Low-Fat Cheese Sticks	Sunflower Butter	Beet Hummus	N/A
Veg or Fruit	Celery Sticks	N/A	N/A	Carrots	Pepper Slices
Milk or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
Lunch*					
Grain	WG Garlic Bread	WG Pita from Mediterranean Tuna Salad	Brown Rice	Cornbread	WG Bread Stick
Meat/Alt	FH Easy Zucchini Lasagna CC Easy Zucchini Lasagna	FH Mediterranean Tuna Salad CC Mediterranean Tuna Salad	FH Chinese Style Vegetables with Tofu CC Baked Tofu Bites	FH Greens and Beans Soup CC Greens and Beans	FH or CC Italian Chicken & Veggie Sheet Pan
Veg	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes , and Cucumbers with Low-Fat Ranch Dressing	FH Local Harvest Bake CC Local Harvest Bake	FH and CC Steamed Cauliflower FH Vegetables from Chinese Style Vegetables with Tofu	Steamed Carrot Sticks	Vegetables from the Italian Chicken & Veggie Sheet Pan
Fruit	Orange Slices	Plum Slices	Apple Slices	Pineapple Tidbits	Pear Slices
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Brown Rice from Bean Burrito Bowl	Low/Fat-Free Milk

Week 4 of March 2024 Menu Sample

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast*					
Grain	FH Easy Overnight Oats and Berries CC Spiced Oatmeal	Whole Grain (WG) Cereal	FH Easy Whole Wheat Drop Biscuits CC Pancakes	WG Breakfast Cereal or Low-Sugar Cereal	N/A
Meat/Alt	N/A	N/A	Scrambled Eggs	N/A	FH Breakfast Black Beans with Eggs CC Breakfast Burrito with Salsa
Veg or Fruit	Cantaloupe Cubes	Raspberries	Blueberries	Strawberries	Banana
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk
Snack*					
Grain	N/A	Oatmeal Muffin Square (Page 98)	WG Crackers	WG Corn Tortilla Chips	Banana
Meat/Alt	Sunflower Butter	Yogurt in the Oatmeal Muffin Square	FH Chicken and Cheese Snack Cup with Grapes CC Chicken and Cheese Snack Cup with Grapes	N/A	Low/Fat-Free Milk
Veg or Fruit	Apple Slices	Blueberries	Grapes in Chicken and Cheese Snack Cup	Salsa	Strawberries
Milk or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water	Low/Fat-Free Milk and/or Water
Lunch*					
Grain	WG Pita	Tortilla from Quick Quesadilla	WG Roll	WG Hamburger Bun	Rice from Hoppin' John
Meat/Alt	FH Turkey Burgers with Tzatziki Sauce CC Turkey Burgers with Tzatziki Sauce	FH Quick Quesadilla CC Quick Quesadilla	FH Great Garden Soup CC Great Garden Soup	FH Barbecued Turkey or Chicken Salad CH Barbecued Chicken	FH Hoppin' John (Black Eyed Peas and Rice) CC Hoppin' John (Black Eyed Peas and Rice)
Veg	Steamed Snap Peas	Steamed Snap Peas	Vegetables from Great Garden Soup	Steamed Cauliflower	Side Salad with Fresh Lettuce, Sliced Tomatoes, Radishes , and Cucumbers with Low-Fat Ranch Dressing
Fruit	Grape Halves	Plum Slices	Apple Slices	Peach Slices	
Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk	Low/Fat-Free Milk