

MARCH 2019

Head Start & PreK Menu

Monday

Tuesday

Wednesday

Thursday

Friday

1

Deli Ham Sandwich
Seasoned Green Beans
Fresh Fruit
Chilled Juice
Chilled Milk

4

5

6

7

8

Mardi Gras Break!

11

Seasoned Red Beans & Rice
Fresh Veggie Cup
Strawberry Cup
Hot Cornbread
Chilled Juice/Chilled Milk

12

Baked Chicken
Dirty Rice
Carrot Soufflé
Tropical Fruit
Chilled Milk

13

Shepherd's Pie
Mixed Veggies
Peach Slices
Hot Roll
Chilled Milk

14

BBQ Ribette
Baked Beans
Fresh Fruit
Hot Roll
Chilled Milk

15

Fish Sticks
French Fries
Broccoli Florets
Pear Halves/Chilled Juice
Chilled Milk

18

Chicken Nuggets
Whipped Potatoes
Seasoned Green Beans
Tropical Fruit
Chilled Juice/Chilled Milk

19

Spaghetti & Meat Sauce
Broccoli Florets
Pear Halves
Garlic Breadstick
Chilled Milk

20

Frankfurter on Bun
Baked Beans
Fresh Fruit
Chilled Milk

21

Gumbo & Fluffy Rice
Fresh Carrot Cup
Hot Roll
Chilled Juice
Chilled Milk

22

Cheese Pizza
California Veggies
Blushing Chilled Pears
Chilled Juice
Chilled Milk

25

Seasoned Red Beans & Rice
Garden Salad
Tropical Fruit
Hot Cornbread
Chilled Juice/Chilled Milk

26

Pepperoni Pizza
Broccoli Florets
Peach Slices
Chilled Milk

27

Chicken Taco
Refried Beans
Fresh Fruit
Chilled Juice
Chilled Milk

28

Hamburger on Bun
French Fries
Fresh Carrot Cup
Applesauce
Chilled Juice/Chilled Milk

29

Cheese Quesadilla
Sweet Kernel Corn
Pineapple Tidbits
Chilled Juice
Chilled Milk

****Menus are subject to change due to availability of menu items.

*****Peanuts and peanut butter are no longer purchased for meals produced by the Plaquemines Parish Child Nutrition Program; however, some products served may contain nuts and some products are produced in plants that use nuts and may contain traces of nuts.

