

BREAKFAST

MARCH 2020

EARLY CHILDHOOD ACADEMY

Breakfast Fact

My Plate recommends:

The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov>



HEAVENLY EDIBLES & STUFF L.L.C.

* monday

FRESH RED APPLES
(W/G) MULTI-GRAIN
FROSTED FLAKES

2

* tuesday

FRESH CANTELOUPES
(W/G) FRENCH TOAST
TURKEY SAUSAGE
(Syrup)

3

* wednesday

FRESH PEARS
(W/G) GRAHAM
CRACKERS
GOGURT

4

* thursday

FRESH GRAPFRUITS
(W/G) BAGELS
TURKEY HAM
CHEESE
(Jelly)

5

* friday

MIXED FRUIT CUPS
(W/G) APPLE
CINNAMON
MUFFINS

6

FRESH GOLD APPLES
(W/G) KIX
CEREAL

9

FRESH CANTALOUPE
(W/G) PANCAKES
TURKEY HAM
(Syrup)

10

FRESH PEARS
(W/G) ANIMAL
CRACKERS
STRING CHEESE

11

FRESH GRAPFRUITS
(W/G) OATMEAL w/
PEACHES

12

DICED PEACHES
(W/G) BLUEBERRY
MUFFINS

13

FRESH GREEN APPLES
(W/G) RAISIN BRAN
CEREAL

16

FRESH CANTALOUPE
(W/G) WAFFLES
TURKEY BACON
(Syrup)

17

FRESH PEARS
(W/G) BAGELS
CREAM
CHEESE

18

FRESH GRAPEFRUITS
(W/G) BISCUITS
EGG AND CHEESE
(Jelly)

19

MANDARIN ORANGES
(W/G) BANANA
MUFFINS

20

FRESH GALA APPLES
(W/G) CINNAMON
TOAST
CEREAL

23

FRESH CANTALOUPE
(W/G) TOAST
SCRAMBLED EGGS
CHEESE
(Jelly)

24

FRESH PEARS
(W/G) GRAHAM
CRACKERS
GOGURT

25

FRESH GRAPEFRUITS
(W/G) BISCUITS
GRITS
W/CHEESE

26

DICED PEARS
(W/G) BRAN
MUFFINS

27

FRESH APPLES
(W/G) CORN CHEX
CEREAL

30

FRESH CANTALOUPE
(W/G) FRENCH TOAST
STICKS
TURKEY SAUSAGE
(Syrup)

31

This institution is
An equal opportunity
Provider.

8oz.
1% WHITE MILKS
SOY MILKS & SKIM MILKS
SERVED W/ALL
BREAKFASTS

LUNCH

March 2020

EARLY CHILDHOOD ACADEMY

✿ **monday**

Chicken Nuggets
(W/G) Rolls
Corn
Fresh Pears
(Dipping sauce)

2

Chicken / Gravy
(W/G) Biscuits
Green Beans / Onions
Fresh Pears

9

Orange Chicken
(W/G) Brown Rice
Broccoli / Cauliflower / Water
Chestnuts
Fresh Pears

16

BBQ Chicken Tenders
(W/G) Rolls
Green Beans / Red Onions
Fresh Pears

23

Baked Fried Chicken
(W/G) Biscuits
Mashed Potatoes
Fresh Pears

30

tuesday

Turkey Hot Dogs
(W/G) Buns
Vegetarian Baked Beans
Fresh Bananas
(Ketchup Mustard)

3

Diced Chicken
(W/G) Brown Rice
Sliced Carrots
Marinara sauce
Fresh Bananas

10

Turkey Sloppy Joes
(W/G) Buns
Green Beans
Fresh Bananas

17

Diced Chicken
(W/G) Brown Rice
Sliced Carrots / Tom Sauce
Fresh Bananas

24

Fish Patty
(W/G) Bun
Peas / Carrots
Fresh Bananas
(Tar-Tar sauce)

31

Lunch Fact

Only one in 10 American kids gets enough Vitamin D, and about four out of 10 kids get the recommended amount of calcium.

Reference: CDC; NCHS. 2007-08. Internet: <http://cdc.gov/nchs/nhanes>.

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✿ **wednesday**

Ground Turkey / Gravy
(W/G) Brown Rice
Split Peas
Fresh Tangerines

4

Turkey Meat Loaf
(W/G) Rolls
Creamed Spinach
Tomato Sauce
Fresh Tangerines

11

Chicken Strips
(W/G) Rigatoni Pasta
Sliced Carrots / Tomato Sauce
Fresh Tangerines

18

Turkey Meat Sauce
(W/G) Spaghetti
Broccoli / Marinara Sauce
Fresh Tangerines

25

**(Vegetarian & Special Diet
Options Available Upon
Request)**

✿ **thursday**

Chicken Sandwich
(W/G) Buns
Diced Carrots
Fresh Oranges
(Ketchup / Mustard)

5

Turkey Burgers / Cheese
(W/G) Buns
French Fries
Fresh Oranges
(Ketchup / Mustard)

12

Beef Burritos
(W/G) Tortillas
Brown Rice
Red Beans
Fresh Oranges

19

Turkey Taco Meat
(W/G) Tortillas
Black Beans / Diced Tomatoes
Fresh Oranges

26

**HEAVENLY EDIBLES
&
STUFF
L.L.C**

✿ **friday**

Cheese Pizza
(W/G) Pizza Crust
Romaine / Tomatoes
Fresh Gold Apples

6

Turkey / Cheese
(W/G) Bread
Navy Bean Soup
Celery/Onions
Fresh Green Apples
(Mayo / Mustard)

13

Turkey Ham & Cheese
(W/G) Bread
Lentil Soup
Fresh Red Apples
(lite Mayo / Mustard)

20

Tuna Salad Sandwich
(W/G) Bread
Potato Soup
Fresh Gala Apples

27

**8oz. 1% White
Soy & Skim
Milks, Served
w/ all lunches**

LUNCH

March 2020 (VEG)

EARLY CHILDHOOD ACADEMY

✿ **monday**

Vegetarian Nuggets
(W/G) Rolls
Corn
Fresh Pears
(Dipping sauce) **2**

Butter Beans
(W/G) Biscuits
Green Beans / Onions
Fresh Pears **9**

Lima Beans
(W/G) Brown Rice **16**
Broccoli / Cauliflower / Water
Chestnuts
Fresh Pears

BBQ Chicken Tenders **23**
(W/G) Rolls
Green Beans / Red Onions
Fresh Pears

Veggie Chicken Cutlets **30**
(W/G) Biscuits
Mashed Potatoes
Fresh Pears

tuesday

Veggie Hot Dogs **3**
(W/G) Buns
Vegetarian Baked Beans
Fresh Bananas
(Ketchup Mustard)

Black Eye Peas **10**
(W/G) Brown Rice
Sliced Carrots
Marinara sauce
Fresh Bananas

Veggie Burgers **17**
(W/G) Buns
Green Beans
Fresh Bananas

Pinto Beans **24**
(W/G) Brown Rice
Sliced Carrots / Tom Sauce
Fresh Bananas

Fish Patty **31**
(W/G) Bun
Peas / Carrots
Fresh Bananas
(Tar-Tar sauce)

Lunch Fact

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✿ **wednesday**

Meat Crumbles / Gravy **4**
(W/G) Brown Rice
Split Peas
Fresh Tangerines

Tempeh **11**
(W/G) Rolls
Creamed Spinach
Tomato Sauce
Fresh Tangerines

Chick Peas **18**
(W/G) Rigatoni Pasta
Sliced Carrots / Tomato Sauce
Fresh Tangerines

Meat Crumbles **25**
(W/G) Spaghetti
Broccoli / Marinara Sauce
Fresh Tangerines

**(Vegetarian & Special Diet
Options Available Upon
Request)**

✿ **thursday**

Grilled Cheese Sandwich **5**
(W/G) Buns
Diced Carrots
Fresh Oranges
(Ketchup / Mustard)

Garden Burgers / Cheese **12**
(W/G) Buns
French Fries
Tomato Sauce
(Ketchup / Mustard)

Tofu Burritos **19**
(W/G) Tortillas
Brown Rice
Red Beans
Fresh Oranges

Veggie Taco Meat **26**
(W/G) Tortillas
Black Beans / Diced Tomatoes
Fresh Oranges

**HEAVENLY EDIBLES
&
STUFF
L.L.C**

✿ **friday**

Cheese Pizza **6**
(W/G) Pizza Crust
Romaine / Tomatoes
Fresh Gold Apples

Veg. Deli Slices / Cheese **13**
(W/G) Bread
Navy Bean Soup
Celery/Onions
Fresh Green Apples
(Mayo / Mustard)

Tomato & Cheese **20**
(W/G) Bread
Lentil Soup
Fresh Red Apples
(lite Mayo / Mustard)

Tuna Salad Sandwich **27**
(W/G) Bread
Potato Soup)
Fresh Gala Apples

8oz. 1% White
Soy & Skim
Milks, Served
w/ all lunches