

MARCH 2020

Organic whole milk is served to children under two in the infant and toddler programs. Children two and older will be served 1% or skim milk. One-grain rich food is served every day.

POM serves the following cereals:
Hy-Vee - Tastee-O's - 2 grams of sugar per 1.5 cup serving size, and Chex - Gluten Free - 2 grams of sugar per 1.5 cup serving size.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MAR 2</p> <p>Breakfast WW Pancakes, fruit, Milk</p> <p>Lunch WW Lasagna Hot Dish, Veggies, Fruit, Milk</p> <p>Snack Veggies w/ POM Veggie Dip, Water</p>	<p>3</p> <p>Breakfast Berry Good Oatmeal Bake, Fruit, Milk</p> <p>Lunch All Natural Macaroni & Cheese, Fruit, Veggie, Milk</p> <p>Snack POM Fruit Sorbets, graham crackers Water</p>	<p>4</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Chili w/Corn Bread Fruit, Veggies, Milk</p> <p>Snack Zucchini Bread with Cinnamon Butter, Dewey's POM-ADE</p>	<p>5</p> <p>Breakfast Yogurt Parfait w/Fruit WW Toast, Milk</p> <p>Lunch Turkey Burgers on WW Bun, Fruit, Veggie, Milk</p> <p>Snack String Cheese, Fruit, Water</p>	<p>6</p> <p>Breakfast Sausage & Egg Casserole, Fruit Milk</p> <p>Lunch Soft Shell Tacos, WG Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack Chef's Choice, Milk</p>
<p>9</p> <p>Breakfast Waffles w/Berries, Milk</p> <p>Lunch Turkey Rocket Sandwich on WW, Veggie Couscous, Fruit, Milk</p> <p>Snack Fruit Smoothies, Pirate Booty, Water</p>	<p>10</p> <p>Breakfast Veggie Quiche, Roasted Potatoes, Fruit, Milk</p> <p>Lunch Chicken Alfredo, Veggies, Fruit, Milk</p> <p>Snack POM Banana Bread, Fruit, Water</p>	<p>11</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Veggies, Fruit, Milk</p> <p>Snack Crackers w/ POM Veggie Dip, Water</p>	<p>12</p> <p>Breakfast Bagels w/Veggie Cream Cheese, Fruit, Milk</p> <p>Lunch Chicken Enchiladas, with Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Dewey's POM-ADE</p>	<p>13</p> <p>Breakfast Breakfast Muffins, Fruit and Milk</p> <p>Lunch Tator Tot Hot Dish, Veggies, Fruit, Milk</p> <p>Snack POM Power Bites, Fruit, Water</p>
<p>16</p> <p>Breakfast Yogurt Parfait w/Fruit WW Toast, Milk</p> <p>Lunch WW Spaghetti & Meat sauce, Veggies, Fruit, Milk</p> <p>Snack Sun Butter w/Apples and Veggies, Water</p>	<p>17</p> <p>Breakfast WW Pancakes, Fruit, Milk</p> <p>Lunch Chicken Tenders, Roasted Potatoes, Veggies, Fruit, Milk</p> <p>Snack Fruit, Graham Crackers, Dewey's POM-ADE</p>	<p>18</p> <p>Breakfast Sugar Free Cereal, Berries, Milk</p> <p>Lunch Grilled Cheese Sandwich on WW Bread, Tomato Soup, Fruit, Milk</p> <p>Snack Fruit & Cheese, Water</p>	<p>19</p> <p>Breakfast Berry Good Oatmeal Bake, Fruit, Milk</p> <p>Lunch Turkey Burger on WW Bun, Sweet Potato Fries, Fruit, Milk</p> <p>Snack Chefs Choice</p>	<p>20</p> <p>Breakfast Turkey Sausage & Cheese Breakfast Biscuit, Fruit, Milk</p> <p>Lunch Broccoli Alfredo, Fruit, Milk</p> <p>Snack Zucchini Bread w/Cinnamon Butter, Milk</p>
<p>23</p> <p>Breakfast Bagels w/cream cheese, fruit, Milk</p> <p>Lunch Italian Baked Chicken, WW Pasta Salad, Squash, Fruit, Milk</p> <p>Snack POM Fruit Sorbets, Graham Crackers, Milk</p>	<p>24</p> <p>Breakfast Apple French Toast Bake, Turkey Sausage, Milk</p> <p>Lunch Sloppy Joes on WW Bun, Sweet Potato Fries, Fruit, Milk</p> <p>Snack Veggies w/ POM Hummus, Water</p>	<p>25</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch WW Pizza w/Veggies, Fruit, Milk</p> <p>Snack Yogurt w/Granola Dewey's POM-ADE</p>	<p>26</p> <p>Breakfast Veggie Quiche, Roasted Potatoes, Fruit, Milk</p> <p>Lunch Chicken Vegetable Stir Fry, Fruit, Milk</p> <p>Snack POM Power Bites, Fruit, Water</p>	<p>27</p> <p>Breakfast Kale Fruit Smoothies, WW Toast, Fruit, Milk</p> <p>Lunch All Natural WW Mac & Cheese, Veggies, Fruit, Milk</p> <p>Snack Veggie Sticks & POM Ranch Dip, Water</p>
<p>30</p> <p>Breakfast Muffin Bars, Fruit, Milk</p> <p>Lunch Baked BBQ Chicken Wraps, Veggies, Fruit, Milk</p> <p>Snack Cottage Cheese, Fruit, Dewey's POM-ADE</p>	<p>31</p> <p>Breakfast Egg & Cheese Breakfast Sandwich, Milk</p> <p>Lunch Soft Shell Tacos, Spanish Rice, Fruit, Veggies, Milk</p> <p>Snack POM Oatmeal Bars, Fruit, Water</p>	<p>APR 1</p> <p>Breakfast Sugar Free Cereal, Fruit, Milk</p> <p>Lunch Turkey Ham Rocket Sandwich on WW, Veggie Cous Cous, Fruit, Milk</p> <p>Snack Chef's Choice, Milk</p>	<p>2</p> <p>Breakfast Breakfast Pizza, Fruit & Milk</p> <p>Lunch WW Spaghetti & Meat Sauce, Veggies, Fruit, Milk</p> <p>Snack String Cheese & Crackers, Water</p>	<p>3</p> <p>Breakfast Yogurt Parfait w/Fruit WW Toast, Milk</p> <p>Lunch Chicken Noodle Soup w/Veggies, Roll, Fruit, Milk</p> <p>Snack POM Cereal Bars, Milk</p>

