


Breakfast and Lunch Menu

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 WG Cereal Banana Turkey Chili Beans Corn Bread Melon	2 Raisin Toast & Jam Apple slices Green Eggs and Ham WG Green Pancakes Green Beans Green Apples <i>Dr. Suess Day</i>	3 WG Muffins Assorted Fruit Pizza Quesadillas! WG Tortilla Mozz Cheese & Sauce Peas and Carrots Oranges
6 WG Blueberry Pancakes Applesauce Broccoli and Cheese Quiche WG Dinner Roll Melon	7 Omelets, Biscuit Mandarin Oranges Sloppy Joe WG Roll Roasted Carrots Apple Slices	8 Yogurt Berries Turkey/Cheese Roll ups WG Tortilla Cucumbers Grapes	9 WG Cereal Banana Cheesy Lasagna Side Salad Peaches <i>National Cereal Day</i>	10 WG English Muffins Sunbutter Mango Chicken Fajitas Peppers and Onions WG Tortilla Sour Cream Apples
13 Bagels w/Cream Cheese Tropical Fruit Meatball Sliders WG Roll Cucumbers Apples	14 WG Cereal Banana Grilled Cheese Ham Slices Tomato Soup Oranges	15 WG Toast & Jam Melon Chicken Nuggets Broccoli Brown Rice Mango	16 WG Cheerios Banana Quesadilla Apples Taco Salad Ground Turkey Sour Cream & Salsa Tortilla Triangles Melon	17 WG English Muffin Pizza Pineapple Potato and Egg Cup WG Waffle Applesauce <i>Backwards Day!!</i>
20 Yogurt Berries Homemade Macaroni and cheese WG Pasta Green Beans Sliced Pears	21 WG English Muffin Pizza Pineapple Beef Stew Assorted Veggies WG Crackers Oranges	22 WG Cereal Fresh Blueberries Chicken Salad Sandwiches WG Roll Cucumbers Watermelon	23 WG Muffins Melon Ham and Cheese Sandwich WG Bread Carrots Apple Slices	24 WG French Toast Applesauce Chicken Stir Fry Brown Rice Assorted Vegetables Pineapple
27 WG Cereal Banana BBQ Chicken Pizza Colorful Peppers Apples	28 Raisin Toast Mandarin Oranges Meatloaf WG Dinner Roll Butternut Squash Corn	29 WG Waffles Applesauce Chef Salad Ham and Cheese WG Pita Watermelon	30 Rice Cakes Sunbutter and Apple Slices Chicken Stew WG Biscuits Peas and Carrots Orange Slices	31 Yogurt Berries Cheerios Fishy Friday! Baked Cod Patty Brown Rice Peas and Carrots Assorted Melon
CACFP Requirements Breakfast and Lunch	AGES 1-2 ½ cup Milk ¼ cup Veggies, Fruit, or both ½ oz. eq. Grains 1 oz. Meat/M. Alt	AGES 3-5 ¾ cup Milk ½ cup Veggies, Fruit, or both ½ oz. eq. Grains 1 ½ oz. Meat/M. Alt	ADULT 1 cup Milk 1 cup Veggies, Fruit, or both 2 oz. eq. Grains 2 oz. Meat/M. Alt	Skim milk will be served to children ages 2 and older. Whole milk will be served to children 1 to 2 years old.

CAPSC offers the Child and Adult Care Food Program (CACFP) at our early care and education sites. CACFP is a federal program that provides monetary reimbursement so they can offer healthier meals and snacks to children. Meals are available to all children regardless of race, color, national origin, age, sex, or disability. Community Action Partnership of Strafford County is an equal opportunity provider and employer