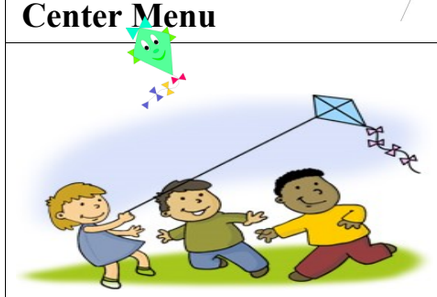
Palominos / Sierra EHS Center Menu

Mon	Tues	Wed	Thu	Fri
	1 B Milk 6 oz. Reduced Sugar Fruit loops 1 Diced peaches 1/2 c. L-Milk 6 oz. Salisbury steak 1 brown gravy apricots l 1/4 c. Buttered creamed corn 1/4 c. 1/4 c wheat bread 1/2 slice S – Orange Juice 4 oz cheese fish puff 1/2 oz.	*2Milk 6 oz. Pan cakes 3 syrup 1/2 turkey sausage patty 1 mandarin Orange 1/2 c.* *L Milk 6 oz. Chicken tenders Sticks 3 (CN label) ketchup 1 applesauce 1/4 c. broccoli with cheese 1/4 c.* *S – yogurt 2 oz. crushed pineapple 1/2 c.*	3*Milk 6 oz.* Cherrios 1 banana 1 *L – Milk 6 oz. chicken patty 487364) country gravy 1 diced peaches 1/4 c. Buttered Bite size cauli-flower 1/4 c. 1/4 c.* *S – American cheese 1 slice Ritz Crackers 6 crack-ers orange juice 4 oz.*	4 – - Milk 6 oz *refried vegetarian beans 1with shred-ded cheddar cheese 1/4 c. wheat tortilla 1 fruit cock-tail 1/2 c* L Milk 6 oz. **Diced chicken with squash 1** Diced pears 1/4 c. diced carrots 2 oz wheat bread S-Orange Juice 4 oz. Vanilla wafer 1/2 oz **FROZEN FOOD DAY on March 6, 2016**
7 B Milk 6 Reduce sugar fruit loops cereal 1 Mandarine orange 1/2 c. L-Milk 6 0z breaded chicken patty 1 diced peaches 1/4 c buttered broccoli cuts 1/4 c. S – applesauce 1/2 c animal crackers 1	8Milk 6oz Super Donut 1 oz fruit cocktail 1/2 L-Milk 6 oz. ground beef with potato 1/2 c. shredded ched-dar 1 tablespoon apricots 1/4 . Soft whole wheat tortilla 1 diced carrots 1/4 c. S- Cheddar Cheese stick1 orange juice 4 oz **World Salt Awareness Week: March 10-16**	9 Milk 6oz. 1 diced pears 1/2 c turkey sausage patty 1 French toast 1 slice syrup 1 L-Milk 6 oz. Pulled chicken with squash bits 1/2 c Crushed Pineapple 1/4c. Green beans 1/4 c. Wheat bread 1/2 S yogurt 1 tropical fruit mango 1/2 c	10 B Milk 6oz. Fruit loops reduced sugar 1 bowl banana 1 L Milk 6oz. Turkey fingers 3 country gravy . Mandarin orange 1/4 c . turkey gravy corn carrots 1/4 c. S Orange juice 4 oz. vanilla wafers .5 oz..	11 B Milk 6 oz *Strawberry mini pancakes 1.75 0oz. 1/2 packages syrup 1 ffruit mix 1/2c* L Milk 6 oz.Marinara sauce Ground beef 1/2c Spa-ghetti 1/4 c Diced pears 1/4 c. diced carrots 2 oz *Early release* *S Teddy grahams and apple juice 4 .3 oz.*
14 .15Milk 6 oz. Berry Berry Mini loaf 1 (2 oz.) Mandarin orange 1/2 c *L Milk 6 oz. Meat loaf 1/2 c. 1/4 c. ap-plesauce 1/4 c. broccoli cheese 1/4 c. Wheat bread 1/2 slice* S Ritz Crackers 6 Mozzarella Cheese stick 1/2 oz.	BMilk 6oz. Cherrios 1 ,diced peaches 1/2 c., L-Milk 6 0z Breaded Chicken Patty 1 cooked spinach 1/4 c. fruit cocktail 1/4 c. *S – orange juice 4 oz. animal crackers 11/ oz*	16 B *Milk 6 oz. French Toast toast 1 slice turkey sau-sage patty 1 crushed pineapple 1/2 c. Syrup 1/2* L-Milk 6 oz. Ground beef 1/2 c. refried beans 1/4 c. soft tortilla 1 apricot halves 3 diced potato 1/4 c. S – Yogurt 1 banana 1	17 Milk 6 oz. Reduced Sugar fruit loops 1 Diced Peaches 1/2 c. *L Milk 6 oz. chicken in cream of chicken 1/2 c. diced carrot 1/4 c. fruit cocktail 1/4 c. fetechinni alfredo 1/4 c.* *S – Cheese Fish puffs .75 oz Orange juice 4 oz*	18 B *26Milk 6 oz. Vegetarian refried beans 1/4 c. Wheqat tortilla 1 Diced peaches 1/2 c* L Milk 6 oz. Chicken patty 1 CN label 3 diced pears 1/4 c. mashed sweet potato 1/4 c. Ketchup 1 *S – orange juice 4 oz.. Raisin cinnamon bread 1*
21 B-Milk 6oz. Fruit loops reduced sugar 1diced peaches 1/2 c., L-Meatless Monday Milk 6 0z. .refried beans 1/4 cup shredded cheddar 1/4 c. l broccoli 1/4 c mandarin orange 1/4 c soft wheat tortilla 1 *S-Wheat crackers 46 American cheese slice 1 1*	*22 American Diabetes Alert Day* *B* Milk 6oz. Mini blueberry muffin 1 (9233008) .9 oz. Diced pears 1/2 c. L –Milk 6 oz. Ground beef 1/2 c Green beans 1/4 c. .crushed pineapple 1/4 .Wheat bread 1/2 slice S- tropical fruit 1/2 c. yogurt . oz.	23B-Milk 6oz. Pan Cakes 1, applesauce 1/2 c , syrup 1/2 turkey sausage 1 L-Milk 6 0z. Breaded Chicken patty 1 country gravy 1 diced carrots 1/4 c. diced pears 1/4 c.. *S –Nutrition Activity Orange Juice 4 0z. Ritz Crack-ers 6 cream cheese 1 10z. Serving Motzerella cheese 1 slice 1 pimento bit 4 pretzel sticks*	24 1 Milk 6 oz. berry Loaf 1 1 diced pears 1/4 c. Easter Picnic L. Beef bbq Patty Cn label 1 2.61 oz. wheat bread 1/2 creamed corn 1/4 c. Apricots 1/4 c. S- Orange juice Animal Crackers 0.5 oz.	*Holiday* **This institution is an equal opportunity provider."** **Menu is reviewed by Ana Maria Pena RD**
Holiday	29 B Milk 6oz. Diced Peaches 1/2 c. Cherrios 1 L– Milk 6 oz Bread Chicken Patty 1 Diced carrots 1/4 c. crushed pineapple S Animal Crackers .5 oz Yogurt 2 oz,	30 B– Milk 6 oz bean and cheese 1/4 c. Wheat tortilla 1 Mandarin Orange 1/2 c. L– Milk 6 oz. Turkey Fingers 3 mashed sweet potato 1/4 c. Diced Pears 1/4 c. S– Applesauce 1/2 c. Wheat crackers 6	*31 Milk 6 oz Super donut 1 diced pears 1/2 c* *L- Millk 6 oz. ground beef with potato 1/2 c. Apri-cots 1/4 c. wheat tortilla 1* *S-Ritz Cracker 6 orange juice 4 oz.* ***Cesar Chavez Day***	

National School Breakfast Week: March 7-11,