

Washington, DC – West End

MENU PLAN

For the week of: March 2 - 6, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Nutri Grain Bar Banana Milk	Croissants Pineapples Milk	Corn Flakes Cereal Apple Slices Milk	Bagel with Cream Cheese Mixed Fruits Milk	French Toast Sticks Mixed Fruit Milk
Lunch	Beans with rice and Mexican cheese Steamed carrots Watermelon Milk	Whole Wheat Spaghetti with chicken and Alfredo sauce Mix Vegetables Mixed Fruit Milk	Beans and Vegetable Pasta Broccoli Fresh Fruit Milk	Turkey Meatloaf Whole Wheat Bread Mixed Vegetables Fresh Fruit Milk	Open-face grilled cheese on whole wheat bread Steamed Carrots Fresh Fruit Milk
PM Snack	Cucumbers and Carrots with hummus Wheat Crackers Water	Garden Vegetable Crackers Fresh Fruit Water	Mozzarella sticks Wheat Crackers Fresh Fruit Water	Animal Crackers Fresh Fruits Water	Brown Rice Cakes Mixed fresh fruit Water

- //Milk – 1% (non-flavored) for ages 2 and older
- Peanut – managed facility
- Bread and Pasta – whole grain options will be used whenever possible
- All cheese – to be unprocessed and low-fat, i.e. low-fat cream cheese, low-fat mozzarella
- Yogurt – low-fat 1% and non-flavored
- Hydrogenated/partially hydrogenated vegetable oils are never used
- No fryers!