



March 2017 Menu

Gladstone Center for Children and Families

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG Pancake, Sausage patty with Hash browns	2 Cheese Stick with Marinara Sauce	3 Mini corndog with fries
6 Chicken nuggets and a WG dinner roll	7 Bean and Cheese Burrito	8 Teriyaki Chicken with Asian pasta	9 Cheese or Pepperoni Pizza on WG Crust	10 Turkey Corndog with Fries
13 BBQ Pork Riblet Sandwich	14 Beef Nacho with refried beans and corn chips	15 Pineapple Chicken Rice bowl	16 Meaty Spaghetti Bake and Cheesy garlic bread stick	17 Hamburger with fries
20 Hot Chicken Sandwich with Potato Salad	21 Beef Taco Salad with WG chips	22 Homemade Mac and cheese with a WG dinner roll	23 Cheese or Pepperoni Pizza on WG Crust	24 No School
27 Spring	28 Break	29 No	30 School	31 Week

WG=Whole Grain

Must choose 3 or more of the 5 components: Grain, Meat/Meat Alternative, Fruit, Vegetable and Milk

Everyday offerings:

Fresh vegetables and fruit salad bar (minimum serving ½ cup of fruit or vegetable or combination of)

1% milk or Fat Free milk

Sandwiches: Peanut Butter and Jelly or Ham and Cheese or Tuna or Cheese or Turkey and Cheese or Egg salad or Bagel/cream cheese with cheese stick (at least 2 choices of above sandwiches available each day)

Menu is subject to change