



The Leaguers, Inc.

Breakfast

MONTH MARCH
 YEAR 2019
 1ST DAY OF WEEK SUNDAY

Sunday 24 Monday 25 Tuesday 26 Wednesday 27 Thursday 28 Friday 1 Saturday 2

					Fresh Orange WG Blueberry Muffin 1% Milk	
3	4 Pineapple Cup American Cheese Omelet Turkey Sausage 1% Milk	5 Diced Peach Cup Oatmeal w/ Brown Sugar 1% Milk	6 Fresh Golden Apple WG Banana Muffin 1% Milk	7 Fresh Banana WG Mini Pancakes w/ Light Syrup 1% Milk	8 Mixed Fruit Cup Kix Cereal 1% Milk	9
10	11 Applesauce Cup Egg & Cheese on a Whole Grain Roll 1% Milk	12 Diced Pear Cup WG French Toast Sticks w/ Light Syrup 1% Milk	13 Fresh Banana WG Croissant w/ Margarine 1% Milk	14 Fresh Orange Social K Cereal 1% Milk	15 Blueberry Yogurt WG Mini Waffles w/ Light Syrup 1% Milk	16
17	18 Peach Applesauce Cup WG Bran Muffin 1% Milk	19 Mixed Fruit Cup WG Mini Blueberry Pancakes w/ Lt. Syrup 1% Milk	20 Pineapple Cup WG Plain Bagel w/ Light Cream Cheese 1% Milk	21 Fresh Green Apple Egg & Cheese on a WG Biscuit 1% Milk	22 Diced Peach Cup Kix Cereal 1% Milk	23
24	25 Diced Pear Cup WG Mini Waffles w/ Light Syrup 1% Milk	26 Mixed Fruit Cup Cinnamon Swirl Bread w/ Light Cream Cheese 1% Milk	27 Fresh Orange Multigrain Cheerios 1% Milk	28 Fresh Red Apple WG French Toast Sticks w/ Light Syrup 1% Milk	29 Fresh Banana Grits w/ Cheese 1% Milk	30

1. Children
ages 1-2
receive Whole Milk
2. Children
ages 2+
receive 1% Milk

The Vendor is to accommodate children with food allergies and provide alternate meals for example; wheat, beef, dairy, fruits, vegetables, etc.

Breakfast Must Contain All Three Components		
Food Component	Ages 1-2	Ages 3-5
Milk	4 oz.	6 oz.
Fruit/Vegetables	1/4 c.	1/2 c.
Grains	1/2 slice; 1/4 c.	1/2 slice; 1/4 c.

J. H. Miller



The Leaguers, Inc.

Lunch

MONTH MARCH
 YEAR 2019
 1ST DAY OF WEEK SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	24	25	26	27	28	1 2
					Whole Wheat 3X5 Cheese Pizza Fresh Broccoli Florets w/ Light Dressing Strawberry Applesauce Cup 1% Milk	
3	4	5	6	7	8	9
	WG Breaded Chicken Patty w/ Cheese on a Whole Grain Bun Roasted Potato Medley Mixed Fruit Cup 1% Milk	Beef Meatballs w/ Sauce on a Mini WG Sub Roll Mixed Vegetables Applesauce Cup 1% Milk	Turkey & Cheese on Whole Grain Bread Baby Carrots w/ Light Dip Diced Pear Cup 1% Milk	Flame Broiled Beef Dipper w/ Teriyaki Sauce Whole Grain Dinner Roll Green Beans Diced Peach Cup 1% Milk	Chicken Empanadas Cooked Spinach Fresh Orange 1% Milk	
10	11	12	13	14	15	16
	All Beef Hamburger on a Whole Grain Bun Baked Beans Pineapple Cup 1% Milk	Pasta Shells w/ Sauce Whole Grain Dinner Roll Green Peas Fresh Red Apple 1% Milk	Swedish Turkey Meatballs on a Mini WG Sub Roll Diced Carrots Pineapple Cup 1% Milk	WG Breaded Chicken Fingers w/ Ketchup WG Dinner Roll Tator Tots Strawberry Applesauce Cup 1% Milk	Whole Wheat 3X5 Cheese Pizza Romaine Salad w/ Light Dressing Mixed Fruit Cup 1% Milk	
17	18	19	20	21	22	23
	Sun Butter & Grape Jelly on Whole Grain Crustless Sandwich Sliced Cucumber Cup Diced Pear Cup 1% Milk	Beef Salisbury Steak White Rice Cali. Mixed Vegetables Diced Peach Cup 1% Milk	Grilled BBQ Chicken Bites Whole Grain Dinner Roll Wax Beans Fresh Banana 1% Milk	Hot Turkey w/ Gravy Whole Grain Dinner Roll Mashed Potatoes Mixed Fruit Cup 1% Milk	Mac & Cheese Whole Grain Dinner Roll Broccoli Florets Fresh Orange 1% Milk	
24	25	26	27	28	29	30
	Meatloaf w/ Ketchup Whole Grain Dinner Roll Corn Fresh Golden Apple 1% Milk	Soft Chicken Taco's w/ Shredded Cheese & Lettuce Black Beans Diced Peach Cup 1% Milk	Turkey Meatball Parmigiana WG Dinner Roll Cali. Mixed Vegetables Fresh Banana 1% Milk	Grilled Cheese on WG Bread with Tomato Soup Mozzerella Cheese Stick Green Beans Pineapple Cup 1% Milk	Whole Wheat 3X5 Cheese Pizza Romaine Salad w/ Lt. Dressing Strawberry Applesauce Cup 1% Milk	

1. Children ages 1-2 receive Whole Milk
2. Children ages 2+ receive 1% Milk

The Vendor is to accommodate children with food allergies and provide alternate meals for example; wheat, beef, dairy, fruits, vegetables, etc.

Lunch Must Contain All Five Components		
Food Component	Ages 1-2	Ages 3-5
Milk	4 oz.	6 oz.
Fruit	1/8 c.	1/8 c.
Vegetables	1/8 c.	1/8 c.
Grains	3/4 slice; 1/4 c.	3/4 slice; 1/4 c.
Meat/Meat Alternative	1 oz.; 1/4 c.	1 1/2 oz.; 1/4 c.



The Leaguers, Inc.

Veggie Lunch

MONTH	MARCH
YEAR	2019
1ST DAY OF WEEK	SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		25	26	27	28	1 2
					Whole Wheat 3X5 Cheese Pizza Fresh Broccoli w/ Light Dressing Strawberry Applesauce Cup 1% Milk	
3	4	5	6	7	8	9
1. Children ages 1-2 recieve Whole Milk 2. Children ages 2+ receive 1% Milk	Veggie Patty w/ Cheese on a Whole Grain Bun Roasted Potato Medley Diced Peach Cup 1% Milk	Veggie Meatballs w/ Sauce on a WG Mini Sub Roll Mixed Vegetables Applesauce Cup 1% Milk	Cheese & Tomato on a Whole Grain Potato Roll Fresh Carrots w/ Light Dip Applesauce Cup 1% Milk	Mozzarella Sticks Whole Grain Dinner Roll Green Beans Diced Peach Cup 1% Milk	Bean & Cheese Burrito Cooked Spinach Fresh Orange 1% Milk	
10	11	12	13	14	15	16
	Veggie Burger on a Whole Grain Bun Baked Beans Pineapple Cup 1% Milk	Pasta Shells w/ Sauce Whole Grain Dinner Roll Green Peas Fresh Red Apple 1% Milk	Swedish Veggie Meatballs on a WG Mini Sub Roll Diced Carrots Pineapple Cup 1% Milk	Veggie Nuggets WG Dinner Roll Tator Tots Strawberry Applesauce Cup 1% Milk	Whole Wheat Cheese Pizza Square Romaine Salad & Cucumbers w/ Lt. Dressing Mixed Fruit Cup 1% Milk	
17	18	19	20	21	22	23
	Sun Butter & Grape Jelly on Whole Grain Crustless Sandwich Sliced Cucumber Cup Diced Pear Cup 1% Milk	Mini Cheese Quesadilla White Rice Cal. Mixed Vegetables Diced Peach Cup 1% Milk	Whole Grain BBQ Veggie Nuggets Whole Grain Dinner Roll Wax Beans Fresh Banana 1% Milk	Mozzarella Sticks Whole Grain Dinner Roll Mashed Potatoes Mixed Fruit Cup 1% Milk	Mac & Cheese Whole Grain Dinner Roll Broccoli Florets Fresh Orange 1% Milk	
24	25	26	27	28	29	30
	Mini Cheese Quesadilla Corn Fresh Golden Apple 1% Milk	Soft Veggie Tacos w/ Shredded Lettuce & Cheese Black Beans Diced Peach Cup 1% Milk	Veggie Meatball Parmigiana Whole Grain Dinner Roll Cali. Mixed Vegetables Fresh Banana 1% Milk	Grilled Cheese on WG Bread with Tomato Soup Mozzerella Cheese Stick Green beans Pineapple Cup 1% Milk	Whole Wheat Cheese Pizza Square Romaine Salad & Cucumbers w/ Lt. Dressing Strawberry Applesauce Cup 1% Milk	

The Vendor is to accommodate children with food allergies and provide alternate meals for example; wheat, beef, dairy, fruits, vegetables, etc.

Lunch Must Contain All Five Components		
Food Component	Ages 1-2	Ages 3-5
Milk	4 oz.	6 oz.
Fruit	1/8 c.	1/8 c.
Vegetables	1/8 c.	1/8 c.
Grains	1/2 slice; 1/4 c.	1/2 slice; 1/4 c.



The Leaguers, Inc.

Snack

MONTH MARCH
 YEAR 2019
 1ST DAY OF WEEK SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	24	25	26	27	28	1 2
					Whole Grain Cheddar Goldfish 100% Apple Juice	
3	4	5	6	7	8	9
	Simply Strawberry Yogurt Chex Mix 100% Orange- Tangerine Juice	WG Cinnamon Granola Non-Fat Strawberry- Banana Yogurt Water	Goldfish Pretzels 100% Grape Juice	Cheddar Cheese Sticks Whole Grain Ritz Crackers Water	Whole Grain Slice of Banana Bread 100% Orange Juice	
10	11	12	13	14	15	16
	Sun Chips 100% Apple Juice	Whole Grain Cinnamon Granola Blueberry Yogurt Water	Whole Grain Cheddar Goldfish 100% Orange-Tangerine Juice	Whole Grain Cinnamon Bear Grahams 100% Grape Juice	Whole Wheat Wafers 100% Orange Juice	
17	18	19	20	21	22	23
	Simply Cheddar Chex Mix 100% Apple Juice	Whole Grain Pretzel Goldfish 100 % Orange- Tangerine Juice	Mozerella Cheese Stick Whole Grain Crackers Water	Whole Grain Cinnamon Goldfish Cracker 100% Grape Juice	Fresh Banana Non-Fat Strawberry Yogurt Water	
24	25	26	27	28	29	30
	Whole Grain Corn Bread 100% Orange Juice	Pretzel Goldfish 100% Apple Juice	Whole Grain Cinnamon Granola Vanilla Yogurt Water	Sun Chips 100% Orange- Tangerine Juice	Whole Grain Goldfish Colors 100% Grape Juice	

1. Children
ages 1-2
receive Whole Milk
2. Children
ages 2+
receive 1% Milk

The Vendor is to accommodate children
with food allergies and provide alternate
meals for example; wheat, beef, dairy,
fruits, vegetables, etc.

Snack Must Contain Two of the Five Components		
Food Component	Ages 1-2	Ages 3-5
Milk	4 oz.	6 oz.
Fruit	½ c.	¾ c.
Vegetables	½ c.	¾ c.
Grains	½ slice; ¼ c.	½ slice; ¼ c.
Meat/Meat Alternative	½ oz.; 1/8 c.	½ oz.; 1/8 c.