

# March Menu

# 2019



The First Step to Higher Education™

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Kid's 'R' Kids of Prosper does not serve red meat, pork, or peanuts</b></p>	<p>Vegetarian options are available for all meals. Whole Milk is served to toddlers under 3 yrs. and 1% to over 3 yrs. Toddler substitutions are made for suits 100-250.</p>			<p><b>1</b>  <b>Breakfast:</b> Muffins, Cereal, Mixed Fruit, yogurt  <b>AM Snack:</b> Bananas and Strawberries  <b>Lunch:</b> Chicken on bun, Veggie burger w/ cheese, mix veggies, apple sauce  <b>PM Snack:</b> Nutrigrain Bar</p>
<p><b>4</b>  <b>Breakfast:</b> Bagels, Cereal, Mixed Fruit  <b>AM Snack:</b> Grapes  <b>Lunch:</b> Grilled Turkey and Cheese Sandwich, <i>grilled cheese</i>, Carrots, pineapple  <b>PM Snack:</b> Trail Mix</p>	<p><b>5</b>  <b>Breakfast:</b> French Toast Sticks, Turkey Sausage, Mixed Fruit  <b>AM Snack:</b> Apples  <b>Lunch:</b> Teriyaki meatballs, teriyaki, <i>veggie patty</i> w/ rice or pasta, Peas, Pears  <b>PM Snack:</b> Goldfish</p>	<p><b>6</b>  <b>Breakfast:</b> Green Scrambled Eggs, Turkey Bacon, Hash browns, Fruit  <b>AM Snack:</b> Bananas  <b>Lunch:</b> <i>Veggie Bean Burrito</i>, green beans, Oranges  <b>PM Snack:</b> Cheese Sticks and crackers</p>	<p><b>7</b>  <b>Breakfast:</b> Biscuits &amp; Gravy, turkey sausage, mixed fruit  <b>AM Snack:</b> Pineapple  <b>Lunch:</b> Chicken Spaghetti, <i>veggie spaghetti</i>, Corn, Peaches  <b>PM Snack:</b> Animal Crackers</p>	<p><b>8</b>  <b>Breakfast:</b> Muffins, Cereal, Mixed Fruit  <b>AM Snack:</b> Bananas and Strawberries  <b>Lunch:</b> Pizza w/ Turkey Ham, <i>Cheese pizza</i>, Mixed Veggie, Apple Sauce  <b>PM Snack:</b> Nutrigrain Bar</p>
<p><b>11</b>  <b>Breakfast:</b> Bagels, Cereal, Mixed Fruit  <b>AM Snack:</b> Grapes  <b>Lunch:</b> Chicken and Cheese Crispito, <i>Cheese Quesadilla</i>, Carrots, Pineapple  <b>PM Snack:</b> Trail Mix</p>	<p><b>12</b>  <b>Breakfast:</b> French Toast Sticks, Turkey Sausage, Mixed Fruit  <b>AM Snack:</b> Apples  <b>Lunch:</b> Chicken Alfredo, <i>Fettuccini Alfredo</i>, Peas, Pears  <b>PM Snack:</b> Goldfish</p>	<p><b>13</b>  <b>Breakfast:</b> Scrambled Eggs, Turkey Bacon, Hash browns, Fruit  <b>AM Snack:</b> Bananas  <b>Lunch:</b> <i>Grilled Cheese</i>, Green Beans, oranges  <b>PM Snack:</b> Cheese Sticks and crackers</p>	<p><b>14</b>  <b>Breakfast:</b> Biscuits &amp; Gravy, turkey sausage, mixed fruit  <b>AM Snack:</b> Pineapple  <b>Lunch:</b> Chicken Teriyaki, <i>veggie nugget</i> w/ rice or pasta, corn, peaches  <b>PM Snack:</b> Animal Crackers</p>	<p><b>15</b>  <b>Breakfast:</b> Muffins, Cereal, Mixed Fruit  <b>AM Snack:</b> Bananas and Strawberries  <b>Lunch:</b> Turkey Bacon &amp; Cheese Flatbread, <i>Cheese Flatbread</i>, Mixed Veggies, Apple Sauce  <b>PM Snack:</b> Nutrigrain Bar</p>
<p><b>18</b>  <b>Breakfast:</b> Bagels, Cereal, Mixed Fruit, yogurt  <b>AM Snack:</b> Grapes  <b>Lunch:</b> Parmesan Chicken, <i>Pasta</i>, Carrots, Pineapple  <b>PM Snack:</b> Trail Mix</p>	<p><b>19</b>  <b>Breakfast:</b> French Toast Sticks, Turkey Sausage, Mixed Fruit  <b>AM Snack:</b> Apples  <b>Lunch:</b> Breaded chicken on a Bun, <i>Veggie Burger with cheese</i>, Peas, Pears  <b>PM Snack:</b> Goldfish</p>	<p><b>20</b>  <b>Breakfast:</b> Scrambled Eggs, Turkey Bacon, Hash browns, Fruit  <b>AM Snack:</b> Bananas  <b>Lunch:</b> <i>Pizza</i>, Green Beans, oranges  <b>PM Snack:</b> Cheese Sticks and crackers</p>	<p><b>21</b>  <b>Breakfast:</b> Biscuits &amp; Gravy, turkey sausage, mixed fruit  <b>AM Snack:</b> Pineapple  <b>Lunch:</b> Turkey meatball w/ gravy, <i>veggie nugget</i>, corn, Mash potato, peaches  <b>PM Snack:</b> Animal Crackers</p>	<p><b>22</b>  <b>Breakfast:</b> Muffins, Cereal, Mixed Fruit  <b>AM Snack:</b> Bananas Strawberries  <b>Lunch:</b> Chicken &amp; cheese flatbread, <i>cheese flatbread</i>, mixed Veggies, apple sauce  <b>PM Snack:</b> Nutrigrain Bar</p>
<p><b>25</b>  <b>Breakfast:</b> Bagels, Cereal, Mixed Fruit  <b>AM Snack:</b> grapes  <b>Lunch:</b> Chicken and Cheese Quesadilla, <i>cheese Quesadilla</i>, carrots, Pineapple  <b>PM Snack:</b> Trail Mix</p>	<p><b>26</b>  <b>Breakfast:</b> French Toast Sticks, Turkey Sausage, Mixed Fruit  <b>AM Snack:</b> Apples  <b>Lunch:</b> Chicken Nuggets, <i>Veggie nuggets</i>, Peas, Pears  <b>PM Snack:</b> Goldfish</p>	<p><b>27</b>  <b>Breakfast:</b> Scrambled Eggs, Turkey Bacon, Hash browns, Fruit  <b>AM Snack:</b> Bananas  <b>Lunch:</b> <i>Mac and Cheese</i>, Green Beans, oranges  <b>PM Snack:</b> Cheese Sticks and crackers</p>	<p><b>28</b>  <b>Breakfast:</b> Biscuits &amp; Gravy, turkey sausage, mixed fruit  <b>AM Snack:</b> Pineapple  <b>Lunch:</b> Grilled Chicken, <i>chipotle veggie patty</i>, corn, Mash potato, peaches  <b>PM Snack:</b> Animal Crackers</p>	<p><b>29</b>  <b>Breakfast:</b> Muffins, Cereal, Mixed Fruit  <b>AM Snack:</b> Bananas Strawberries  <b>Lunch:</b> Turkey Burger, <i>Veggie Burger</i>, mixed Veggies, apple sauce  <b>PM Snack:</b> Nutrigrain Bar</p>