

Babes on the Square Too
Week Beginning March 20, 2023
11 Years old 5 Years old

week - 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk Juice/Fruit/Vegetable.	Milk 6 oz/4 oz Fresh oranges	Milk 6 oz/4 oz Blueberries	Milk 6oz/4oz Fruit cocktail	Milk 6oz/4oz Applesauce	Milk 6oz/4oz Bananas
Bread/Cereal	Corn muffins Mandarin oranges	Shredded wheats orange- blueberry smoothies	Kix	Raisin bran Rice chex	English muffins
11 month-2 Substitutes					
Lunch: Milk Meat/Meat Alt.	Milk 6 oz/4oz Grilled cheese and turkey sandwiches	Milk 6oz/4oz Chicken Quesadillas Assorted bell peppers, cilantro, and onions	Milk 6oz/4oz Beef pot pie	Milk 6oz/4oz Turkey, meatball cheese tortellini	Milk 6oz/4oz Vegetarian, black bean and rice
Vegetable. or Fruit	Brussel sprouts	Tomato salsa and sour cream	Peas, corns, and carrots	peas	Spinach, roasted red peppers, corn
Vegetable. or Fruit	Tropical fruit	Pineapples	Apricot	Strawberries	Fresh pears
Bread	wheat bread	Corn tortillas	puff pastry	pasta	rice
11 month-2 Substitutes				Sliced strawberries	Diced pears
PM Snack: * (select 2 items) Milk Meat/Meat Alt.		Make your own ants On Log		String cheese	
Juice/Fruit/Vegetable.	Bananas	Celery sticks Cream cheese and raisins	Applesauce		Tropical fruit
Bread/Cereal	Graham crackers		Mini pretzels	Ritz crackers	Whole grain rice cakes