

# Behtesda Country Day School - MARCH 2024

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/4/2024	3/5/2024	3/6/2024	3/7/2024	3/8/2024
<b>AM SNACK:</b>					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable		Banana			
Grain	WG French Toast Sticks	WG Rice Crisp Cereal	English Muffin	WG Cereal Oatmeal Bar	WG Apple Cinnamon Loaf
Extra/Protein			Sunbutter		
<b>LUNCH:</b>					
	Grilled Cheese	Chic/Veggie Eggrolls	Cheeseburger	Chicken Patty	Pizza
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Fruit Cocktail	Applesauce	Diced Peaches	Pineapple Tidbits	Diced Pears
Vegetable		Corn		Diced Carrots	Stringbeans
Grain		WG Eggroll	WG Hamburger Roll		WG Pizza
Meat/Meat Alt	Grilled Cheese	Chicken	Cheeseburger	WG Breaded Chicken Patty	
Extra					
<b>PM SNACK:</b>					
	CHEF'S CHOICE				Apple Dips
Milk/Water	Water	Water	Water	Water	Water
Fruit					Apple Slices
Vegetable	CHEF'S CHOICE				
Grain		Cheezit Crackers	Wg Flatbread Squares	Savory Wheat Bites	
Meat/Meat Alternate			Amer Cheese Slice	String Cheese	Sunbutter
Extra					

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
2. The fruit component at lunch may be substituted by an additional vegetable.



# Behtesda Country Day School - MARCH 2024

## WEEK 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/11/2024	3/12/2024	3/13/2024	3/14/2024	3/15/2024
<b>AM SNACK:</b>					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable		Frozen Berry Mix	Banana	Jelly	Mango
Grain	WG Toasted Oats Cereal	WG Pancake	WG Rice Crisp Cereal	English Muffin	Vanilla Yogurt
Extra/Protein					
<b>LUNCH:</b>					
	SB & J	Tostada Tuesday	Cheesy Mac	Stir Fry	Pasta W/Meat Sauce
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Pears	Diced Pears	Diced Peaches	Pineapple Tidbits	Fruit Cocktail
Vegetable	Tater Tots	Salad	Sweet Peas	Broccoli	Mixed veggies
Grain	WG Bread	WG Tortilla	WG Elbow Macaroni	Rice	WG Pasta
Meat/Meat Alt	Sunbutter	Turkey Taco Entrée		Diced Chicken	Beef Crumble
Extra	Jelly	Shredded Cheese	Cheese Sauce	Teriyaki or Sweet N Sour sauce	Marinara Sauce
<b>PM SNACK:</b>					
		Cuke Sandwich			Chocolate Covered Strawberries
Milk/Water	Water	Water	Water	Water	Water
Fruit					Strawberry Slices
Vegetable			Cucumber Slices		
Grain	Pretzel Wheels	Shortbread Bites		Goldfish	
Meat/Meat Alternate					Chocolate Hummus Cup
Extra			Ranch		

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WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/18/2024	3/19/2024	3/20/2024	3/21/2024	3/22/2024
<b>AM SNACK:</b>					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable			Mango	Frozen Blueberries	
Grain	Wg Oatmeal Cereal Bar	WG Spooner Cereal	Vanilla Yogurt	Oatmeal Bar	CHEF'S
Extra/Protein					
<b>LUNCH:</b>					
	Turkey Wrap	Chef Salad	Chicken Dippers	Riblets	
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	CHOICE
Fruit	Diced Pears	Fruit Cocktail	Mandarin Oranges	Diced Peaches	
Vegetable	String Beans	Lettuce Mix	Mixed Veggies	Mashed Potatoes	
Grain	WG Tortilla				
Meat/Meat Alt	Turkey Slices/Amer Cheese	Dicd Turk Ham/Chedd Chs	Chicken Nuggets	BBQ Riblet Patty	
Extra	Ranch	Ranch or Italian Dressing	Ketchup or BBQ sauce		
<b>PM SNACK:</b>					
Milk/Water	Water	Water	Water	Water	DAY!!
Fruit			Clementine		
Vegetable					
Grain	Animal Crackers	Granola	WG Champ Bites	Townhouse Crackers	
Meat/Meat Alternate				String Cheese	
Extra		Vanilla Yogurt			

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WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024
<b>AM SNACK:</b>					
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit/Vegetable	Banana				Mixed Berries
Grain	WG Cereal	WG Muffin	WG Waffle	WG Cereal	WG Pancake
Extra/Protein					
<b>LUNCH:</b>					
	Breakfast for Lunch	Manwich Sloppy Joe	Drummies	Crunchers	Fish Fry-day
Milk	Milk 1%	Milk 1%	Milk 1%	Milk 1%	Milk 1%
Fruit	Diced Peaches	Fruit Cocktail	Diced Pears	Mandarin Oranges	Applesauce
Vegetable	Hashbrown Potato Patty	Sweet Peas	Diced Carrots	Stringbeans	Diced Carrots
Grain		WG Hamburger Roll			
Meat/Meat Alt	Scrambled Egg Round	Beef Crumbles	Chicken Drummies	Pizza Crunchers	WG Fish Shapes
Extra		Manwich Sauce	Signature Sauce		
<b>PM SNACK:</b>					
	Cuke Sandwich	School Made Trail Mix	Zoo Dippers		
Milk/Water					
Fruit					
Vegetable	Cucumber Slices				Fresh Veggie of Choice
Grain		School Made Trail Mix	Animal Crackers	Vanilla Wafers	
Meat/Meat Alternate	Ranch				Ranch
Extra					

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