



Questions about Nutrition Services please call: 303-853-7929

# MARCH 2018



## PRESCHOOL: STARS(All Day)

3/5- 3/9/2018	Monday/ Lunes	Serving Size/Proción	Tuesday/ Martes	Serving Size/Proción	Wednesday/ Miercoles	Serving Size/Proción	Thursday/ Jueves	Serving Size/Proción	Friday/ Viernes	Serving Size/Proción
<b>Breakfast/Desayuno</b>										
Milk/Leche	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)
Fruit/Vegetable/ Fruta/Vegetales	Dried Cranberries/ Arandanos Secos	1 package/ paquete	Applesauce/ Pure de Manzana	1 package/ paquete	Fruit Cup/ Tazon con Fruta	1 package/ paquete	Apple Slices/ Manzana Rebanada	1 package/ paquete	Fruit Cup/ Tazon con Fruta	1 package/ paquete
Grain/ Granos	WG Bagel	1 each	WG Granola	1 each	WG Mini Loaf/ Panecillo WG	1 each	WG Cereal	1 package/	Yogurt	
	Cream Cheese/ Queso Crema	1 each								
<b>Lunch/Almuerzo</b>										
Milk/Leche	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)
Fruit/ Fruta	Apple sauce/ Pure de Manzana	1 each	Sliced Melon/ Melon Rebanado	1/4c (2oz)	Strawberries & Blueberries/ Fresas y Arandanos	1/4c (2oz)	Sliced Peaches/ Durazno Rebanado	1/4c (2oz)	Dried Cranberries	1 package/ paquete
Vegetable/ Vegetales	Sunshine Carrots/ Zanahorias Sunshine	1/4c (2oz)	Hashbrown Patty/ Papa Rayada	1 each	Celery Sticks/ Palitos de Apio	1/4c (2oz)	Sweet Potato Fries/ Camote Frito	1/4c (2oz)	Broccoli	1/4c (2oz)
Grain/ Granos MMA	WG Mac n' Cheese/ Pasta con Queso WG	4oz	WG Cheeseburger/ Hamburguesa con Queso	1 each	WG Pizza	1 each	WG Chicken Fingers/ Pollo empanizado	3 each	WG Deli Sandwich	1 each
<b>Snack/Merienda</b>										
Milk	X	X	X	X	X	X	X	X	X	X
Fruit/Vegetable/ Fruta/Vegetales	Fruit Cup/Tazon con Fruta	1 each	X	X	Cucumber Slices/ Pepino Rebanado	1/2 c (4oz)	X	X	Apple Sauce/ Pure de Manzana	
Grain/ Granos	WG Saltine Crackers/ Galletas Saladas WG	1 package/ paquete	WG Soft Pretzel/ Pretzel Suave WG	1 each	WG Crackers/ Galletas WG	1 each	WG Granola	1 package/ paquete	X	X
MMA	X	X	Cheese Stick/ Palitos de Queso	1 each	X	X	Yogurt	1 each	Cheese Cubes/ Cubitos de Queso	
Beverage/ Bebidas	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)

3/12- 3/16/2018	Monday/ Lunes	Serving Size/Proción	Tuesday/ Martes	Serving Size/Proción	Wednesday/ Miercoles	Serving Size/Proción	Thursday/ Jueves	Serving Size/Proción	Friday/ Viernes	Serving Size/Proción
<b>Breakfast/Desayuno</b>										
Milk/Leche	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)
Fruit/Vegetable/ Fruta/Vegetales	Dried Cranberries/ Arandanos Secos	1 package/ paquete	Applesauce/ Pure de Manzana	1 package/ paquete	Fruit Cup/ Tazon con Fruta	1 package/ paquete	Apple Slices/Manzana Rebanada	1 package/ paquete	Apple Sauce/ Pure de Manzana	1 package/ paquete
Grain/ Granos	WG Muffin Top/Pastelito WG	1 each	WG Quick Bread/ Rebanada de Pan WG	1 each	WG Bagel Bar/ Barra de Bagel WG	1 each	WG Cereal	1 package/ paquete	WG Biscuit	1 each
Other									Jam	1 each
<b>Lunch/Almuerzo</b>										
Milk/Leche	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)
Fruit/ Fruta	Apple Slices/ Manzana Rebanada	1/4c (2oz)	Strawberries & Blueberries/ Fresas y	1/4c (2oz)	Melon Slices/ Melon Rebanado	1/4c (2oz)	Mixed Fruit/ Mezcla de Fruta	1/4c (2oz)	Sliced Peaches/ Durazno Rebanado	1/4c (2oz)
Vegetable/ Vegetales	Sweet Potato Tots/ Croquetas de Camote	1/4c (2oz)	Celery Sticks/ Palitos de Apio	1/4c (2oz)	Cucumber Slices/ Pepino Rebanado	1/4c (2oz)	Green Beans/ Ejotes	1/4c (2oz)	Carrot Sticks/ Palitos de Zanahoria	1/4c (2oz)
Grain/ Granos MMA	WG Crispy Chicken Sandwich/ Sandwich de Pollo Empanizado WG	1 each	WG Saltine Crackers/ Galletas Honey BBQ Wings/ Alitas en BBQ	1 package/ 3 each	WG Pizza	1 each	WG Goulash/ Pasta con Carne Goulash WG	4oz	WG PB & J Sandwich/ Sandwich PB y J	1 each
<b>Snack/Merienda</b>										
Milk/Leche	X	X	X	X	X	X	X	X	X	X
Fruit/Vegetable/ Fruta/Vegetales	X	X	X	X	X	X	Dried Cranberries/ Arandanos Secos	1 package/ paquete	Orange Slices/ Naranja Rebanada	1/2c (4oz)
Grain/ Granos	Popcorn	1 each	WG Waffle Sticks/ Palitos de Waffle WG	2 each	Yogurt	1 each	WG Cheesy Crackers/ WG Galletas con Queso	1 each	X	X
MMA	Cheese Stick	1 each	Peanut Butter/ Crema de Cacahuete	1 each	WG Granola	1 package/ paquete	X	X	Cheese Cubes/Cubitos de Queso	1 each
Beverage/ Bebidas	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)

3/19- 3/23/2018	Monday/ Lunes	Serving Size/Proción	Tuesday/ Martes	Serving Size/Proción	Wednesday/ Miercoles	Serving Size/Proción	Thursday/ Jueves	Serving Size/Proción	Friday/ Viernes	Serving Size/Proción				
<b>Breakfast/Desayuno</b>														
Milk/Leche	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	<b>NO SCHOOL/ NO HAY CLASES</b>		<b>NO SCHOOL/ NO HAY CLASES</b>					
Fruit/Vegetable/ Fruta/Vegetales	Dried Cranberries/ Arandanos Secos	1 package/ paquete	Applesauce/ Pure de Manzana	1 package/ paquete	Fruit Cup/ Tazon con Fruta	1 package/ paquete								
Grain/ Granos	Yogurt	1 each	WG Baked Oats (UBR)/ Galleta Integral (UBR)	1 each	WG Cereal	1oz package/ paquete								
<b>Lunch/Almuerzo</b>														
Milk/Leche	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	<b>NO SCHOOL/ NO HAY CLASES</b>		<b>NO SCHOOL/ NO HAY CLASES</b>					
Fruit/ Fruta	Apple Slices/ Manzana Rebanada	1/4c (2oz)	Orange Slices/Naranja Rebanada	1/4c (2oz)	Sliced Pears/ Pera Rebanada	1/4c (2oz)								
Vegetable/ Vegetales	Confetti Corn/ Elote Confeti	1/4c (2oz)	Tomato Soup/ Sopa de Tomate	1/4c (2oz)	Carrot Sticks/ Palitos de Zanahoria	1/4c (2oz)								
Grain/ Granos MMA	WG Corn Dog/ Banderilla WG	1 each	WG Grilled Cheese Sandwich/ Sandwich de Queso a la Parrilla WG	1 each	WG Pizza	1 each	<b>NO SCHOOL/ NO HAY CLASES</b>		<b>NO SCHOOL/ NO HAY CLASES</b>					
<b>Snack/Merienda</b>														
Milk/Leche	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)	1% Milk/ Leche	3/4c (6oz)					<b>NO SCHOOL/ NO HAY CLASES</b>		<b>NO SCHOOL/ NO HAY CLASES</b>	
Fruit/Vegetable/ Fruta/Vegetales	Apple Slices/ Manzana Rebanada	1/4c (2oz)	Orange Slices/Naranja Rebanada	1/4c (2oz)	Sliced Pears/ Pera Rebanada	1/4c (2oz)								
Grain/ Granos	Confetti Corn/ Elote Confeti	1/4c (2oz)	Tomato Soup/ Sopa de Tomate	1/4c (2oz)	Carrot Sticks/ Palitos de Zanahoria	1/4c (2oz)								
MMA	WG Corn Dog/ Banderilla WG	1 each	WG Grilled Cheese Sandwich/ Sandwich de Queso a la Parrilla WG	1 each	WG Pizza	1 each	<b>NO SCHOOL/ NO HAY CLASES</b>		<b>NO SCHOOL/ NO HAY CLASES</b>					
Beverage/ Bebidas	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)	Water/ Agua	1c (8oz)								

### NO SCHOOL/NO HAY CLASES 3/26- 3/30/2018

Menu items subject to change based on availability/Los artículos en el menú está sujeto a cambios, según disponibilidad.