

HES Early Childhood Lunch Menu March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</p> 1% Milk Macaroni & Cheese Hard-boiled eggs Cucumber Slices Whole Wheat Bread	<p style="text-align: right;">2</p> 100 % Apple Juice Baked Chicken Nuggets Mashed Potato Corn Fresh fruit	<p style="text-align: right;">3</p> 1% Milk Baked Ziti (plain pasta available) Hard-Boiled Eggs Cucumber Slices Fresh Fruit	<p style="text-align: right;">4</p> 100% Apple Juice Grilled Chicken Cutlets Couscous Chopped Salad Fresh fruit	<p style="text-align: right;">5</p> 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit
<p style="text-align: right;">8</p> 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread Fresh Fruit	<p style="text-align: right;">9</p> 100 % Apple Juice Hamburgers Whole Wheat buns Baked French Fries Cole Slaw Fresh fruit	<p style="text-align: center;">10.</p> 1% Milk Potato Knish Hard-Boiled Eggs Cucumber Slices Fresh Fruit	<p style="text-align: center;">11</p> 100 % Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit	<p style="text-align: center;">12.</p> 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit
<p style="text-align: center;">15.</p> 1% Milk Cheese Ravioli (plain pasta available) Hard-Boiled eggs Carrots Whole Wheat Bread Fresh Fruit	<p style="text-align: center;">16.</p> 100% Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	<p style="text-align: center;">17.</p> 1% Milk Macaroni & Cheese Hard-boiled eggs Cucumber Slices Fresh Fruit	<p style="text-align: center;">18.</p> 100 % Apple Juice Roasted Baked Chicken Couscous Carrots Fresh fruit	<p style="text-align: center;">19.</p> 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit
<p style="text-align: center;">22.</p> 1% Milk Potato Knish Hard-Boiled Eggs Cucumber Slices Fresh Fruit	<p style="text-align: center;">23.</p> 100% Apple Juice Turkey Meatballs Spaghetti Cucumber Slices Fresh fruit	<p style="text-align: center;">24.</p> 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread Fresh Fruit	<p style="text-align: center;">25.</p> 100 % Apple Juice Baked Chicken Nuggets Mashed Potato Corn Fresh fruit	<p style="text-align: center;">26.</p> 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes Fresh Fruit
<p style="text-align: center;">29.</p> 1% Milk Baked Ziti (plain pasta available) Hard-Boiled Eggs Cucumber Slices Fresh Fruit	<p style="text-align: center;">30.</p> 100 % Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit	<p style="text-align: center;">31.</p> 1% Milk Cheese Ravioli (plain pasta available) Hard-Boiled eggs Carrots Fresh Fruit Whole Wheat Bread		