

# Palcare — March 2019

MON	TUE	WED	THU	FRI
<p>Most Entrees Cooked from Scratch Organic Produce Served when Possible, Conventional Produce Follows the "Shoppers Guide to Pesticides" Methodology to Reduce Potential Pesticide Exposures up to 92%</p> <p>We Feature Humanely Raised Meats Milk is Hormone &amp; Antibiotic Free Snack Rotation Subject to Change</p>	<p>Breakfast Portion Grain/Bread: 1/2 slice, 1/2C, or .5 oz Fruit: 1/2C Milk: 3/4C or 1/2C &lt;2 yr</p> <p>Lunch Portion Meat/Alt 1.5 oz, Grain/Bread 1/2 slice or 1/4C, Veg &amp; Fruit (2 types) 1/2C total, Milk 3/4 cup or 1/2 cup &lt;2 yr</p> <p>PM Snack Portion Veg or Fruit 1/2C, Meat/Alt 1 oz or 1/4C Grain /Bread: 1/2 slice or 1/3C or .5oz</p>			<p>1</p> <p><b>AM Snack</b> Mini Muffin &amp; Seasonal Fruit</p> <p><b>Lunch</b> Cheese Pizza with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Egg Salad with Crackers</p>
<p>4</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Three Bean Chili with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>5</p> <p><b>AM Snack</b> Waffles and Jelly with Seasonal Fruit</p> <p><b>Lunch</b> Mandarin Orange Chicken and Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Breadsticks with Marinara</p>	<p>6</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Hamburger with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Veggie Sticks with Ranch</p>	<p>7</p> <p><b>AM Snack</b> Nutri Grain Bar with Seasonal Fruit</p> <p><b>Lunch</b> Chicken Nuggets with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Celery Sticks with Hummus Dip</p>	<p>8</p> <p><b>AM Snack</b> Zucchini Bread &amp; Seasonal Fruit</p> <p><b>Lunch</b> Roasted Herb Chicken Drumsticks With Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Baked Veggie Straws with Avocado Dip</p>
<p>11</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Chicken &amp; a Biscuit with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>12</p> <p><b>AM Snack</b> Mini Bagels with Cream Cheese &amp; Seasonal Fruit</p> <p><b>Lunch</b> Chicken Chili Verde Soft Tacos With Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Chex Mix</p>	<p>13</p> <p><b>AM Snack</b> Vanilla Yogurt with Seasonal Fruit</p> <p><b>Lunch</b> Chicken &amp; Veggie Pot Stickers with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Shelled Edamame</p>	<p>14</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Pasta with Light Butter &amp; Chicken with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Fresh Veggie Sticks with Ranch</p>	<p>15</p> <p><b>AM Snack</b> Mini Muffin &amp; Seasonal Fruit</p> <p><b>Lunch</b> All-American Burger with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Egg Salad with Crackers</p>
<p>18</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Chicken Pot Pie with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>19</p> <p><b>AM Snack</b> Waffles and Jelly with Seasonal Fruit</p> <p><b>Lunch</b> Red Beans &amp; Rice with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Breadsticks with Marinara</p>	<p>20</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Pasta with Marinara &amp; Chicken with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Veggie Sticks with Ranch</p>	<p>21</p> <p><b>SCHOOL CLOSED</b></p> <p><b>TEACHER TRAINING</b></p>	<p>22</p> <p><b>SCHOOL CLOSED</b></p> <p><b>TEACHER TRAINING</b></p>
<p>25</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Chicken Chow Mein with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Gourmet Wheat Thins &amp; Mozzarella String Cheese</p>	<p>26</p> <p><b>AM Snack</b> Mini Bagels with Cream Cheese &amp; Seasonal Fruit</p> <p><b>Lunch</b> Cheese Quesadillas with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Chex Mix</p>	<p>27</p> <p><b>AM Snack</b> Vanilla Yogurt with Seasonal Fruit</p> <p><b>Lunch</b> Chicken &amp; Veggie Pot Stickers with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Shelled Edamame</p>	<p>28</p> <p><b>AM Snack</b> Whole Grain Cereal &amp; Milk with Seasonal Fruit</p> <p><b>Lunch</b> Baked Chicken Tenders with Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Fresh Veggie Sticks with Ranch</p>	<p>29</p> <p><b>AM Snack</b> Mini Muffin &amp; Seasonal Fruit</p> <p><b>Lunch</b> Lemon Herb Chicken Drumsticks With Seasonal Veggies &amp; Fruit</p> <p><b>PM Snack</b> Egg Salad with Crackers</p>