



well hello, march

March 9th to March 13th

(Menu is subject to change upon availability of produce)

	• MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> • Oatmeal 	<ul style="list-style-type: none"> • Cream of Corn 	<ul style="list-style-type: none"> • Cream of Wheat 	<ul style="list-style-type: none"> • Coconut Cornstarch 	<ul style="list-style-type: none"> • French Toast
SNACK	<ul style="list-style-type: none"> • 4onz Fresh Fruit • Milk 	<ul style="list-style-type: none"> • 4onz Fresh Fruit • Milk 	<ul style="list-style-type: none"> • 4onz Fresh Fruit • Milk 	<ul style="list-style-type: none"> • 4onz Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Smoothies • Milk
LUNCH	<ul style="list-style-type: none"> • Stewed Rice w\Chicken sausage • Pink Beans w/Pumpkin 	<ul style="list-style-type: none"> • Ham w/Pineapple • Roasted Potato 	<ul style="list-style-type: none"> • Chicken Tenderloins • Rice w/Vegetables 	<ul style="list-style-type: none"> • Lasagna • Garlic Bread 	<ul style="list-style-type: none"> • Stewed Fish • White Rice

Carbs (rice, potato, pasta etc.) portion consists of 1/3 cup cooked
beans or vegetables portion consists of 1/3 cup cooked

Protein is 3onz raw which becomes 2onz cooked=1/4 cup cooked

ALLERGIES: Dairy and Egg (identified with *) Breakfast creams will be made with Milk ** Reece w/Almond Milk ** Jorge Enrique w/Coconut Milk

Carbohidratos (arroz, papa, pasta etc.) debe ser una porción de 1/3 taza ya cocido

Granos y Vegetales debe ser una porción de 1/3 taza ya cocida

Proteína es 3onz. crudas que se convierte en 2 onz= 1/4 taza cocida