

MAR 2-6		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. REVISED 				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST 	Vanilla yogurt ½ oz eq Peaches ½ c 1% milk 6oz 	*Green Eggs 1oz Turkey ham ½ oz 100% grapefruit Juice 4oz 1% milk 6oz 	WGR English muffin ½ oz eq Pineapple ½ c 1% milk 6oz 	Chicken sausage ½ oz eq Applesauce ½ c 1% milk 6oz 	WGR Waffle ½ oz eq 100% OJ 4oz 1% milk 6oz 	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop
LUNCH	<u>Corned Beef</u> Corned beef 1 ½ oz Cabbage ¼ c WG bread ½ ea. Apples ¼ c 1% milk 6oz	<u>Sloppy Joe</u> Gr. Turkey 1 ½ oz WW Bun 1 each Corn ¼ c Fruit cocktail ¼ c 1% milk 6oz	<u>Chicken & Rice</u> Chicken 1 ½ oz WG Br rice ¼ c Broccoli ¼ c Oranges ¼ c 1% milk 6oz	<u>Salmon</u> Salmon 1 ½ oz Grits ½ oz eq Green bean ¼ c Pineapple ¼ c 1% milk 6oz	<u>Quesadilla</u> WW Tortilla ½ oz eq Cheddar 1 ½ oz Black beans ¼ c Peaches ¼ c 1% milk 6oz	What's your favorite book?  READ ACROSS AMERICA
SNACK	WG Sun Chips 1 pk 100% Grape Juice 4oz	Sun butter 1 Tbsp Apples ½ c Water	Cheddar cheese cubes ½ oz Blueberries ½ c Water	WG Goldfish 1pk 100% Apple juice 4oz	Tomato salsa ½c WG Scoops 1 pk Water	Enjoy 😊

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

NOTE: Substitutions are met for each meal component based on food allergies

MAR 9-13		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. REVISED 				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST 	WG Chex cereal 1 each 100% OJ 4oz 1% milk 6oz	WG Pancake ½ each Applesauce 4oz 1% milk 6oz	WG Grits 1 ½ oz eq Strawberries 4oz 1% milk 6oz	WW Bagel ½ each Cream cheese Banana 1 each 1% milk 6oz	WGR Blueberry muffin 1 each 100% pineapple juice 4oz 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop
LUNCH	<u>Brunch Lunch</u> French Toast ½ oz eq T. Bacon 1 ½ oz Potatoes ¼ c Cantaloupe ¼ c 1% milk 6oz	<u>Meaty Macaroni & Cheese</u> WG Elbow pasta 1 ½ oz eq Cheddar 1 ½ oz Green beans ¼ c Pears ¼ c 1% milk 6oz	<u>E.M. Pizza</u> WGR English muffin ½ each Mozzarella 1 ½ oz Spinach ¼ c Pineapple ¼ c 1% milk 6oz	<u>Tuna Fish</u> Tuna 1 ½ oz WW bun 1 each Corn ¼ c Fruit cocktail ¼ c 1% milk 6oz	<u>Chicken Alfredo</u> Chicken 1 ½ oz WG Rotini pasta 1 ½ oz eq Pea & Carrot ¼ c Oranges ¼ c 1% milk 6oz	TRY NEW FOODS 
SNACK	WG animal crackers 1pk 100% Apple Juice 4oz	Vanilla yogurt 2oz WG Granola ½ oz eq Water	WG Sweet Potato crackers 1 ½ oz eq 100% Grape Juice 4oz	WG Cornbread 1 each 1% milk 4oz	Cheddar ½ oz eq WW crackers 1 ½ oz eq Water	Enjoy 😊

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MAR 16-20		BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. REVISED 				
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST 	WGR French Toast ½ each 100% OJ 4oz 1% milk 6oz	Vanilla yogurt ½ oz eq Peaches ½ c 1% milk 6oz	*Green Eggs 1oz Turkey ham ½ oz 100% grapefruit Juice 4oz 1% milk 6oz	WGR English muffin ½ oz eq Pineapple ½ c 1% milk 6oz	Chicken sausage ½ oz eq Applesauce ½ c 1% milk 6oz	Key: Hltp- hilltop Hearth M-O-M- Malt-O-Meal Iceb- Iceberg lettuce Hltp- Hilltop
LUNCH	<u>Cheeseburger</u> Beef Burger 1 ea Amer. Cheese WW bun 1 each French fries ¼ c Green bean ¼ c 1% milk 6oz	<u>Corned Beef</u> Corned beef 1 ½ oz Cabbage ¼ c WG bread ½ ea. Apples ¼ c 1% milk 6oz	<u>Sloppy Joe</u> Gr. Turkey 1 ½ oz WW Bun 1 each Corn ¼ c Fruit cocktail ¼ c 1% milk 6oz	<u>Chicken & Rice</u> Chicken 1 ½ oz WG Br rice ¼ c Broccoli ¼ c Oranges ¼ c 1% milk 6oz	<u>Salmon</u> Salmon 1 ½ oz Grits ½ oz eq Green bean ¼ c Pineapple ¼ c 1% milk 6oz	CACFP WEEK 
SNACK	WG Coco Puffs 1 each 1% milk 4oz	WG Sun Chips 1 pk 100% Grape Juice 4oz	Sun butter 1 Tbsp Apples ½ c Water	Cheddar cheese cubes ½ oz Blueberries ½ c Water	WG Goldfish 1pk 100% Apple juice 4oz	Enjoy 😊

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MAR 23-27	BJ WILKERSON MEMORIAL CHILD DEVELOPMENT CENTER INC. REVISED 					
CACFP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COMMENTS
BREAKFAST 	WGR Waffle ½ oz eq OJ 4oz 1% milk 6oz	WG Chex cereal 1 each 100% OJ 4oz 1% milk 6oz	WG Pancake ½ each Applesauce 4oz 1% milk 6oz	WG Grits 1 ½ oz eq Strawberries 4oz 1% milk 6oz	WW Bagel ½ each Cream cheese Banana 1 each 1% milk 6oz	*Spinach Day 3-26
LUNCH	<u>Quesadilla</u> WW Tortilla ½ oz eq Cheddar 1 ½ oz Black beans ¼c Peaches ¼ c 1% milk 6oz	<u>Brunch Lunch</u> French Toast ½ oz eq T. Bacon 1 ½ oz Potatoes ¼ c Cantaloupe ¼ c 1% milk 6oz	<u>Meaty Macaroni & Cheese</u> WG Elbow pasta 1 ½ oz eq Cheddar 1 ½ oz Green beans ¼ c Pears ¼ c 1% milk 6oz	<u>E.M. Pizza</u> WGR English muffin ½ each Mozzarella 1 ½ oz *Spinach ¼ c Pineapple ¼ c 1% milk 6oz	<u>Tuna Fish</u> Tuna 1 ½ oz WW bun 1 each Corn ¼ c Fruit cocktail ¼c 1% milk 6oz	WORLD WATER DAY 
SNACK	Tomato salsa ½c WG Scoops 1 pk Water	WG animal crackers 1pk 100% Apple Juice 4oz	Vanilla yogurt 2oz WG Granola ½ oz eq Water	WG Sweet Potato crackers 1 ½ oz eq 100% Grape Juice 4oz	WG Corn muffin 1 each 1% milk 4oz	Enjoy 😊

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