


INVER GROVE HEIGHTS MARCH 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		TUITION DUE 1 CHARBROILED BEEF PATTY WITH KETCHUP ON A BUN (WG), GREEN BEANS, PINEAPPLE TIDBITS, SOFT APPLE SLICES	2 CHICKEN BREAST NUGGETS (WG), MIXED VEGGIES, FRESH ORANGES, MANDARINS	3 TURKEY TACO ON WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, PEAS , FRESH BANANA
	6 SCRAMBLED EGG WITH BROCCOLI, CORN BREAD, PEACHES SW LENTILS, CORN BREAD, PEACHES	7 STIRFRY BEEF AND VEGGIES OVER 5 GRAIN BLEND, PEARS	8 BBQ CHICKEN ON BUN (WG), PEAS, FRESH ORANGES, MANDARINS	9 TURKEY SPIRALS, CAULIFLOWER/BROCCOLI BLEND, FRESH APPLES, SOFT APPLES SLICES
Stretch & Grow 13 ORANGE TOFU OVER WG BROWN RICE, PEACHES	14 ITALIAN SPAGHETTI, MIXED VEGGIES, PEARS	TUITION DUE 15 TURKEY CHILI WITH BEANS, WG BREAD STICK, FRESH ORANGE, MANDARINS	16 CHILITO ON WG TORTILLA, FRESH APPLES, APPLESAUCE	Wear Green or Rainbow Colors 17 HAPPY ST PATS DAY GREEN PASTA (CHICKEN PESTO PASTA), GREEN BEANS, FRESH BANANA
20 CHEESY ROTINI, PEAS, FRESH PEARS	21 SW PINTO BEANS, CORN BREAD MUFFIN, PEARS	22 STIRFRY CHICKEN AND CABBAGE OVER WG BROWN RICE, FRESH APPLES, SOFT APPLE SLICES	23 TURKEY AND GRAVY OVER BAKING POWDER BISCUITS, PEAS, FRESH ORANGE, MANDARINS	24 SW CHICKEN ON WG TORTILLA, FRESH BANANA
Stretch & Grow 27 TURKEY WITH NOODLES, GREEN BEANS, FRESH ORANGES, MANDARINS	28 TURKEY SLOPPY JOES ON WG BUN, CARROTS, PEARS	29 FRIED CAULIFLOWER RICE, WG BREAD STICK, PEACHES CHEESY CHICKEN AND BROCCOLI, WG BREAD STICK, PEACHES	30 CHICKEN TERIYAKI OVER WG BROWN RICE, SQUASH FRESH APPLES, SOFT APPLE SLICES	31 CHICKEN PARMESAN ON WG BUN, PEAS, FRESH BANANA
MILK SERVED WITH EACH MEAL (Whole Milk for children under age 2; 1% for all other children) RED FONT = TODDLER ALT (WG) = WHOLE GRAIN * = CONTAINS PORK				