





# EFC COON RAPIDS – MARCH 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<b>1</b> TURKEY TACO ON WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, <b>GREEN</b> <b>BEANS</b> , FRESH BANANA
	<b>4</b> TURKEY SPIRALS, PEAS, PEACHES	<b>Sports Team 5</b> CHICK PEAS, CORN BREAD MUFFIN., PEARS <b>CHEESY CHICKEN AND</b> <b>BROCCOLI, CORN BREAD</b> <b>MUFFIN, PEARS</b>	<b>6</b> BEEF STEW, WG BREAD STICK, FRESH APPLE, <b>SOFT APPLE</b> <b>SLICES</b>	<b>7</b> CHICKEN PARM, WG BUN, GREEN BEANS, FRESH ORANGE, <b>MANDARINS</b>	<b>8</b> CHICKEN BREAST NUGGETS (WG), PEAS, BANANA
	<b>11</b> TURKEY CHILI, WG BREAD STICK, PEACHES,	<b>RAINBOW DAY 12</b> CHILITO ON WG TORTILLA, PEARS	<b>13</b> CHARBROILED BEEF PATTY WITH KETCHUP ON A WG BUN , CARROTS, FRESH APPLE, <b>SOFT</b> <b>APPLE SLICES</b>	<b>14</b> CHICKEN SPAGHETTI, BROCCOLI/ CAULI BLEND, FRESH ORANGES, <b>MANDARINS</b>	<b>GREEN DAY 15</b> SW CHICKEN, WG TORTILLA FRESH BANANA
	<b>18</b> TURKEY SLOPPY JOES, WG BUN, SQUASH,	<b>19</b> SW PINTO BEANS CORN BREAD MUFFIN, PEARS <b>WEE SHELLS</b> <b>WITH TURKEY, GREEN BEANS,</b> <b>PEARS</b>	<b>HAT DAY 20</b> TURKEY WILD RICE HOTDISH, PEAS, FRESH APPLE, <b>SOFT APPLE</b> <b>SLICES</b>	<b>21</b> CHICKEN ALA KING, WG BISCUITS, FRESH ORANGE, <b>MANDARIN</b>	<b>22</b> CHICKEN FAJITA ON WG TORTILLA, ROMAINE AND ICEBERG LETTUCE, DRESSING, <b>CARROTS</b> , FRESH BANANA
	<b>25</b> PIZZA BOWL, GREEN BEANS, PEACHES	<b>26</b> BBQ RIBLET, HG BUN, CHEESE SLICE, MIXED VEGGIES, PEARS <b>BBQ CHICKEN, WG BUN, MIXED</b> <b>VEGGIES, PEARS</b>	<b>27</b> SW LENTILS, BREAD STICK, FRESH APPLE, <b>APPLE SAUCE</b>	<b>28</b> WEE SHELLS WITH TURKEY, GREEN BEANS, FRESH ORANGE, <b>MANDARIN</b>	<b>PAJAMA DAY 29</b> CHICKEN TERIYAKI, WG BROWN RICE, MIXED VEGGIES, FRESH BANANA
MILK SERVED WITH EACH MEAL WHOLE <2 YRS SKIM/1% >2 YRS <b>RED FONT = TODDLER ALT</b> (WG) = WHOLE GRAIN * = CONTAINS PORK					