

Parish Day School Menu March 2023

	Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
Early AM Snack			Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack			Cheese crackers Apples Rm 17,19 Kroger Brand	Vanilla wafers Bananas	Banana bread Milk Rm 17,19 Fig bar
Lunch (with skim milk)			Chicken ranch wraps Broccoli Mix fruit	Macaroni and cheese Broccoli Pears	Turkey and cheese on wheat bread Cucumbers Oranges
PM Snack			Oyster crackers Apple juice Rm 17,19 Ritz crackers	Wheat crackers Cheese sticks	Managers choice Apple juice

All highlighted items contain or may contain traces of egg.

Blue highlight items are on the menu and served in other rooms. An egg free substitute will be served to room 17 and 19.

Yellow highlight items are served in room 17 and 19 and cannot be substituted.

Menu is subject to change due to availability.
Managers choice may consist of any snack on the menu.

Parish Day School Menu March 2023

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Cheerios Milk	Blueberry muffins Milk
AM Snack	Ritz crackers Cheese sticks	Wheat crackers Oranges	Animal crackers Apples Rm 17,19 Fig bars	Graham crackers Bananas Rm 17,19 Kroger brand	Veggie straws Yogurt
Lunch (with skim milk)	Fish sticks Wheat roll Green beans Peaches	Chicken noodle soup Wheat roll Peas Pineapple	Cheese quesadillas Corn Pears	Baked chicken Rice Peas Mixed fruit	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Vanilla wafers Apple juice	Oyster crackers Bananas Rm 17,19 Chex	Cheese crackers Apple juice	Wheat Saltine cracker Cheese	Ritz crackers Apple juice

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Parish Day School Menu March 2023

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack	Wheat saltines Cheese	Cheese crackers	Ritz crackers Apples	Vanilla wafers Bananas	Apple sauce Goldfish
		Oranges Rm 17,19 Kroger brand			
Lunch (with skim milk)	Tyson Chicken nuggets Wheat roll Green beans Applesauce	Grilled cheese Tomato soup Mixed fruit	Chicken Tacos Corn Peaches	Macaroni and cheese	Turkey and cheese on wheat bread Carrots Apples
				Broccoli Pears	
PM Snack	Graham crackers Apple juice	Animal crackers	Oyster crackers Apple juice	Wheat crackers Cheese stick	Manager choice Apple juice
		Rm 17,19 Fig bar Bananas			

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Parish Day School Menu March 2023

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Bananas Milk	Cheerios Milk	Banana muffins Milk
AM Snack	Wheat cracker Cheese sticks	Ritz crackers Oranges	Cheese crackers Apples Rm 17,19 Kroger brand	Graham crackers Bananas Rm 17,19 Kroger brand	Veggie straws Yogurt
Lunch (with skim milk)	Spaghetti with meat sauce Green beans Pears	Chicken teriyaki Rice Broccoli Pineapple	Cheese quesadillas Corn Peaches	Pancakes Syrup Eggs Hash browns Oranges Rm 17,19 Sausage links	Ham and cheese on wheat bread Cucumbers Apples
PM Snack	Animal cracker Apple juice Rm 17,19 Fig bar	Vanilla wafers Bananas	Oyster crackers Apple juice Rm 17,19 Ritz cracker	Wheat saltine Cheese	Managers choice Apple Juice

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Parish Day School Menu March 2023

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Early AM Snack	Cinnamon Chex Milk	Fruit and grain cereal bar Milk	Banana Milk	Yogurt Granola	Cheerios Milk
AM Snack	Wheat saltine Cheese	Cheese crackers	Ritz crackers Apples	Vanilla wafers Banana	Banana bread
		Oranges Rm 17,19 Kroger brand			Apples Rm 17,19 Fig bars
Lunch (with skim milk)	Tyson chicken nuggets Green beans Applesauce	Macaroni and cheese	Baked ziti Salad w/Lettuce tomato and cucumber Mixed fruit	Pulled Chicken Sandwich Corn Pineapple	Turkey and cheese on wheat bread Carrots Oranges
		Broccoli Pears			
PM Snack (with water unless otherwise noted)	Graham crackers	Animal crackers	Wheat crackers Apple juice	Oyster crackers	Managers choice Apple juice
	Apple juice Rm 17,19 Kroger brand	Banana Rm 17,19 Fig bar		Cheese stick Rm 17,19 Ritz crackers	

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