

2020-21 March CACFP Breakfast Menu

Rock Foundation

2/19/2021

Monday	Tuesday	Wednesday	Thursday	Friday
3/1	3/2	3/3 E-Learning	3/4	3/5
29444 Cinnamon Toast Crunch Cereal Bowl 1z(1g) Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14474 WG Zucchini Bread 3.4z (2g) (Cup) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	ALPHA 75721 Banana Muffin 2z (1g) 0/USDA Strawberry Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14860 Blueberry Mini Loaf 2.0z (1g) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	33213 Corn Chex Cereal Bowl 1z (1g) 30202/USDA Pears (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White
3/8	3/9	3/10	3/11	3/12
453143 Cinnamon Chex Cereal Bowl 1z (1g) Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14468 WG Banana Bread 3.4z (2g) (Cup) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	ALPHA 75715 Blueberry Muffin 2z (1g) 0/USDA Strawberry Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14867 Orange Mini Loaf 2.0z (1gr) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	264702 Cheerios Bowl 1z (1g) 30202/USDA Pears (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White
3/15	3/16	3/17	3/18	3/19
29444 Cinnamon Toast Crunch Cereal Bowl 1z(1g) Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14474 WG Zucchini Bread 3.4z (2g) (Cup) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	ALPHA 75721 Banana Muffin 2z (1g) 0/USDA Strawberry Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14860 Blueberry Mini Loaf 2.0z (1g) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	33213 Corn Chex Cereal Bowl 1z (1g) 30202/USDA Pears (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White
3/22	3/23	3/24	3/25	3/26
453143 Cinnamon Chex Cereal Bowl 1z (1g) Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14468 WG Banana Bread 3.4z (2g) (Cup) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	ALPHA 75715 Blueberry Muffin 2z (1g) 0/USDA Strawberry Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14867 Orange Mini Loaf 2.0z (1gr) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	264702 Cheerios Bowl 1z (1g) 30202/USDA Pears (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White

3/29	3/30	3/31		
29444 Cinnamon Toast Crunch Cereal Bowl 1z(1g) Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	14474 WG Zucchini Bread 3.4z (2g) (Cup) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White	ALPHA 75721 Banana Muffin 2z (1g) 0/USDA Strawberry Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim White		

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2020-21 March CACFP Lunch Menu

Rock Foundation

2/24/2021

Monday	Tuesday	Wednesday	Thursday	Friday
3/1	3/2	3/3 E-Learn	3/4	3/5
<p>Cheese Croissant WG 4.8z (2mt-ma/2g) WARM (1/2cV) w/USDA Shredded Cheese 1z 29508 Pineapple Tidbits (1/4cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p> <p style="color: red;">32704 Ketchup</p>	<p>Beef Roast Chuck 3.2z (2 (1) WG Dinner Roll 1.34z USDA/20720 Green Beans (1/2cV)</p> <p style="color: red;">/USDA Strawberries Cup (</p> <p>receive Whole White (unflavored) Milk/2 yrs and up receive Skim 22676 Margarine Cup</p>	<p>Pulled Pork BBQ 4z (2mt 669 WG Hamburger Bun (3z (1/2cV) or USDA Potato Wedges (1/2cV)</p> <p style="color: red;">USDA/29142 Mixed Fruit (1/4cF)</p> <p>receive Whole White (unflavored) Milk/2 yrs and up receive Skim 32704 Ketchup</p>	<p>Chicken Fillet 2.45z (2mt- ma) marinade w/Italian</p> <p>(1) WG Dinner Roll 1.34z 20726/USDA Corn (1/2cV)</p> <p>NFG Cherry Applesauce 4.5z (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim 22676 Margarine Cup</p>	<p>Cheese IW 4.15z (2g/2mt- ma) USDA/20748 Mixed Vegetables (1/4cV)</p> <p style="color: red;">30202/USDA Pears (1/2cF)</p> <p>receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>
3/8	3/9	3/10	3/11	3/12
<p>Meat 3z (1.75mt-ma), USDA Shredded Cheese 2z (2mt-ma) w/42537 (1/4cV) w/20726/USDA Corn (1/4cV) (Cup) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>	<p>Bologna/Turkey Salami & Cheese Sandwich WG 4.25z (2mt-ma/2g)</p> <p>USDA Peas (1/4cV) /USDA Strawberries Cup (</p> <p>receive Whole White (unflavored) Milk/2 yrs and up receive Skim Mustard</p>	<p>605862 WG Galaxy Cheese Pizza IW 4.46z (2mt-ma/2g) 20726/USDA Corn (1/4cV)</p> <p style="color: red;">30202/USDA Pears (1/2cF)</p> <p>receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>	<p>497320 WG Beef, Bean and Cheese Burrito 5z (2mt-ma/2g) USDA/20720 Green Beans (1/4cV) Applesauce Cup (1/2cF)</p> <p>receive Whole White (unflavored) Milk/2 yrs and up receive Skim 25873 Taco Sauce (1)</p>	<p>Cheese on WG Hamburger Bun 4.30z (2mt-ma/2g) USDA/20286 Broccoli (1/4cV) (1/4cF)</p> <p>receive Whole White (unflavored) Milk/2 yrs and up receive Skim 32709 Ketchup (1)</p>
3/15	3/16	3/17	3/18	3/19
<p>Sandwich WG 4.30z (2mt- ma/2g) WARM 20726/USDA Corn (1/2cV)</p>	<p>3.45z ea (2mt/mt-2g) w/1457 Cheese Sauce 1z (1/4cV) w/20726/USDA Corn (1/4cV)</p>	<p>1460 WG Macaroni & Cheese 6z (2mt-ma/1g) USDA/20730 Carrots (1/4cV)</p>	<p>Bosco Stick 2.54z (2g/1mt-ma)</p> <p style="color: red;">57 Cheese Sauce 2z (1mt-</p>	<p>Jammer WG 4.6z (2mt- ma/2gr) USDA/20720 Green Beans (1/2cV)</p>

<p>4.5z (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p> <p>32709 Ketchup</p>	<p>/USDA Strawberries Cup (receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>	<p>Fruit Cup (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>	<p>Vegetables (1/4cV) 29248/USDA Peaches (Cup) (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>	<p>(1/4cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>
3/22	3/23	3/24	3/25	3/26
<p>Pepperoni Calzone 5z (2.25r Corn (1/4cV) & USDA Peas 30202/USDA Pears (1/2cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>	<p>12752 Turkey & Cheese Sandwich WG 4.30z (2mt- ma/2g) WARM (1/4cV) /USDA Strawberries Cup (receive Whole White (unflavored) Milk/2 yrs and up receive Skim 32709 Ketchup</p>	<p>17763 (10) Chicken Smackers 4.3z (2mt- ma/1g) Vegetables (1/2cV) (1/4cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim 25818 BBQ Sauce Cup</p>	<p>(1.5g)w/15128 Alfredo Sauce 3z (1.5mt-ma) Beans (1/2cV) 30202/USDA Pears (1/4cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p>	<p>664962 WG Cheeseburger Twins IW 2.35z (2mt-ma/2g) USDA Potato Wedges (1/2c Peaches (1/4c F) receive Whole White (unflavored) Milk/2 yrs and up receive Skim 32709 Ketchup (2)</p>
3/29	3/30	3/31		
<p>Cheese Croissant WG 4.8z (2mt-ma/2g) WARM (1cV) w/USDA Shredded Cheese 2z (2mt/ma) 29508 Pineapple Tidbits (1/4cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim</p> <p>32709 Ketchup</p>	<p>Beef Roast Chuck 3.2z (2 (1) WG Dinner Roll 1.34z USDA/20720 Green Beans (1/2cV) /USDA Strawberries Cup (receive Whole White (unflavored) Milk/2 yrs and up receive Skim 22676 Margarine Cup</p>	<p>Sloppy Joe Srv 2.7z (1.25mt-ma) 369 WG Hamburger Bun (2g) 3z (1/2cV) or USDA Potato Wedges (1/2cV) USDA/29142 Mixed Fruit (1/4cF) receive Whole White (unflavored) Milk/2 yrs and up receive Skim 32709 Ketchup</p>		

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2020-21 March CACFP P.M. Snack Menu
Rock Foundation

Monday	Tuesday	Wednesday	Thursday	Friday
3/1	3/2	3/3 E-Learnin	3/4	3/5
745481 WG Goldfish Cheddar .75z (1g) 13069 or NFG Mandarin Orange Cup (1/2cF)	13411 Cornbread 2z (1g) 22717 Wow Butter 1.2z (1mt-ma)	643052 Annie's Bunny Grahams 1.25z (1.25g) 13064 or NFG Tropical Fruit Cup (1/2cF)	Crackers 3pks (1.14g) or 522150 WG Saltine Mini 2pks (1g) 23445 Strawberry Craisins 1.16z (1/2cF)	31932 Simply Chex WG Cheddar Chex Mix .92z (1g) 13060 or NFG Pineapple Tidbits (1/2cF)
3/8	3/9	3/10	3/11	3/12
15940 Hartzels .7z (1g) 22717 Wow Butter 1.2z (1mt-ma)	Alpha 75719 Apple Cinnamon Muffin 2z (2g) NFG Mango/Peach Applesauce Cup (1/2cF)	Strawberry Yogurt 1.03z (1g) 13069 or NFG Mandarin Orange Cup (1/2cF)	14868 Banana Mini Loaf 2.4z (2g) 1446 String Cheese 1z (1mt-ma)	Cinnamon Graham Sticks 1z (1g) NFG Cherry Applesauce Cup (1/2c F)
3/15	3/16	3/17	3/18	3/19
745481 WG Goldfish Cheddar .75z (1g) 13069 or NFG Mandarin Orange Cup (1/2cF)	13411 Cornbread 2z (1g) 22717 Wow Butter 1.2z (1mt-ma)	643052 Annie's Bunny Grahams 1.25z (1.25g) 13064 or NFG Tropical Fruit Cup (1/2cF)	Crackers 3pks (1.14g) or 522150 WG Saltine Mini 2pks (1g) 23445 Strawberry Craisins 1.16z (1/2cF)	31932 Simply Chex WG Cheddar Chex Mix .92z (1g) 13060 or NFG Pineapple Tidbits (1/2cF)
3/22	3/23	3/24	3/25	3/26
15940 Hartzels .7z (1g) 22717 Wow Butter 1.2z (1mt-ma)	Alpha 75719 Apple Cinnamon Muffin 2z (2g) NFG Mango/Peach Applesauce Cup (1/2cF)	Strawberry Yogurt 1.03z (1g) 13069 or NFG Mandarin Orange Cup (1/2cF)	14868 Banana Mini Loaf 2.4z (2g) 1446 String Cheese 1z (1mt-ma)	Cinnamon Graham Sticks 1z (1g) NFG Cherry Applesauce Cup (1/2c F)
3/29	3/30	3/31		
745481 WG Goldfish Cheddar .75z (1g) 13069 or NFG Mandarin Orange Cup (1/2cF)	13411 Cornbread 2z (1g) 22717 Wow Butter 1.2z (1mt-ma)	643052 Annie's Bunny Grahams 1.25z (1.25g) 13064 or NFG Tropical Fruit Cup (1/2cF)		