

March



HORIZON EDUCATION CENTERS

Mar-23

		1	2	3
		Meatballs with Gravy, Buttered Noodles, Cauliflower, Diced Strawberries, and Milk	CN Turkey Burger w/ Cheese, Mixed Vegetables, Fresh Apple Wedges, WG Hamburger Bun and Milk	WG Cheese Pizza, Carrots, Fresh Banana, and Milk
6	7	8	9	10
Meatball Sub, Broccoli, Blueberries, WG Hotdog Bun, and Milk	CN WG Chicken Strips, Green Beans, Mandarin Oranges, Corn Muffin, and Milk	Meatloaf, Mixed Vegetables, Diced Peaches, WG Dinner Roll and Milk	WG Cheesy Chicken Rotini, Peas, Fresh Apple Wedges, and Milk	WG Mac & Cheese, Fresh Banana, Carrots, and Milk
13	14	15	16	17
WG Cheesy Quesadilla, Corn, Diced Strawberries, and Milk	CN Chicken Patty, Diced Carrots, Fresh Oranges, WG Hamburger Bun and Milk	WG Ravioli, Cauliflower, Diced Peaches, and Milk	WG Lasagna Bake, Green Beans, Mango Chunks, and Milk	WOW Butter, Carrots, Cheese Stick, and Milk 
20	21	22	23	24
Parsley Lemon Chicken, Broccoli, Applesauce, Hawaiian Roll, and Milk	Chicken Taco, Lettuce / Salsa / Cheese, Flour Tortilla, Corn, Mandarin Oranges and Milk	CN Turkey Burger w/ Cheese, Tator Tots, Fresh Banana, WG Hamburger Bun, and Milk	Meatball Subs, Green Beans, Pineapple Tibbids, WG Hot Dog Buns, and Milk	WG Grilled Cheese, Diced Carrots, Diced Peaches, and Milk
27	28	29	30	31
WG Cheese Pizza, Broccoli, Pineapple Tidbits and Milk	Sweedish Meatballs, Noodles, Oranges, Mixed Vegetables, and Milk	CN WG Chicken Tenders, Green Beans, Diced Peaches, WG Dinner Roll and Milk	Salisbury Steak, Mashed Potatoes, Diced Pears in Juice, WG Roll, and Milk	WG Cheesy Quesadilla, Carrots, Fresh Banana, and Milk

	1 & 2 Years	3-5 Years	6-12 Years
Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.
Grains Breads Pasta Noodles	1/2 oz. eq ²	1/2 oz. eq ²	1 oz. eq ²
Fruit	1/8 c	1/4 c.	1/4 c.
Vegetable	1/8 c	1/4 c.	1/2 c.
Milk, fluid	1/2 c	3/4 c	1 c

Celebrate CACFP Week
March 12-18, 2023

Help serve over **4.5 million children and adults** healthy meals & snacks daily!

Learn more at CACFPWeek.org

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