

Spring Harvest of the Season Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1 Pepperoni Pizza Spicy Chicken Sandwich Hummus Wrap Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE MAYONNAISE MUSTARD KETCHUP Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 2 Beefy Nachos Buffalo Chicken Flatbread Strawberry Spinach Salad Breadsticks Seasoned Black Beans CUCUMBER COINS Pico Cup GRAPES,Fresh PINEAPPLE CHUNKS Salsa SOUR CREAM Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 3 Roasted Ranch Chicken Cheesy Baked Potato Yogurt Berry Parfait Pasta Salad Roasted Parmesan Broccoli Baby Carrots ORANGES STRAWBERRIES KETCHUP BBQ Sauce Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 4 Chicken Penne Bake Chicken Wings and Roll Make Your Own PB&J ASPARAGUS Celery and Carrot Stick BANANAS PEACHES Ranch Dressing CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 5 Sloppy Joe FISH STRIPS Deli Sub Macaroni and Cheese Honey Baked Beans Cole Slaw LETTUCE & TOMATO PICKLES,DILL SPEAR STRAWBERRIES RAISINS TARTAR SAUCE KETCHUP MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Mar - 8 Chicken Tenders BBQ Potato Yogurt Berry Parfait Breadsticks CORN GREEN BEANS Apple Wedges PEARS Gravy KETCHUP BBQ Sauce Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 9 Cheese Quesadilla Enchilada Bake Hawaiian Chicken Wrap Spanish Rice Refried Beans RED PEPPERS & CARROTS Pico Cup GRAPES,Fresh APRICOTS Salsa SOUR CREAM Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 10 Korean Beef Bowl Grilled Cheese Cobb Salad Steamed Rice BROCCOLI Pickled Carrots CUCUMBER COINS ORANGES Cinnamon Applesauce Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 11 Cheesy Baked Penne Garlic Bread Pepperoni Pizza Flatbread Chicken Salad Sandwich Steamed Vegetable Medley CHERRY TOMATOES BANANAS PEACHES Vinaigrette Dressing Ranch Dressing CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 12 HAMBURGER ON A BUN VEGGIE BURGER Chicken Tender Salad Roasted Potato Wedge Baby Carrots LETTUCE & TOMATO PICKLES,DILL SPEAR KIWI with GRAPES DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Mar - 15 Pepperoni Pizza Spicy Chicken Sandwich Yogurt Berry Parfait Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE MAYONNAISE MUSTARD KETCHUP Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 16 Chicken Taco Salad Cheesy Baked Potato Breadsticks Strawberry Bread Seasoned Black Beans CORN Pico Cup GRAPES,Fresh PINEAPPLE CHUNKS Salsa SOUR CREAM Shredded Cheese Gar Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 17 Oven Fried Chicken Meatball Sub Fruit and Cheese Bistro Plate Garlic Smashed Red Potatoes GREEN BEANS ORANGES STRAWBERRIES Gravy RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 18 Cheese Ravioli Chicken Wings Chef Salad Bistro Plate Green Spring Peas Celery and Carrot Stick BANANAS PEACHES Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 19 GRILLED CHICKEN SANDWICH Bean and Cheese Burrito Spicy Chicken Salad Sweet Potato Fries GREEN BEANS LETTUCE & TOMATO PICKLES,DILL SPEAR KIWI with GRAPES DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Salsa Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Spring Harvest of the Season Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 22 Chicken and Waffles Breakfast Burrito Hummus and Pita Bistro Plate Roasted Red Potatoes CHERRY TOMATOES GRAPEFRUIT HALVES Smoothie White Gravy SYRUP, PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK, 1% Lowfat MILK, Skim	Mar - 23 Beef & Mushroom Taco w/ Lime Crema Fish Taco Yogurt Berry Parfait Spanish Rice Seasoned Pinto Beans Baby Carrots Pico Cup GRAPES, Fresh APRICOTS Salsa SOUR CREAM Shredded Cheese Gar Ranch Dressing Lime Crema Milk Non-fat Chocolate MILK, 1% Lowfat MILK, Skim	Mar - 24 Teriyaki Chicken w/ Brown Rice Cheesy Breadsticks Make Your Own PB&J BROCCOLI RED PEPPERS & CARROTS ORANGES Cinnamon Applesauce Milk Non-fat Chocolate MILK, 1% Lowfat MILK, Skim	Mar - 25 Rotini Pasta w/ topping Tuna Salad Sandwich Steamed Vegetable Medley Spinach Side Salad LETTUCE & TOMATO PICKLES, DILL SPEAR BANANAS PEACHES CHEESE, PARMESAN, RED PEPPER FLAKE Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK, 1% Lowfat MILK, Skim	Mar - 26 Chicken Sandwich Bean and Cheese Burrito Chicken Tender Salad Sweet Potato Fries GREEN BEANS LETTUCE & TOMATO PICKLES, DILL SPEAR PEACHES DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Salsa Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK, 1% Lowfat MILK, Skim



Utah

FARM to FORK

Harvest of the Season

Green Highlight= Seasonal Scratch Recipe Available

Yellow Highlight= Harvest of the Season Item, source locally when possible

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
 *- denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.