

# Spring Harvest of the Season Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 1  Pepperoni Pizza Hummus Wrap Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 2  Beefy Nachos Strawberry Spinach Salad  Breadstick Seasoned Black Beans CORN GRAPES,Fresh Cantaloupe with grape PINEAPPLE CHUNKS Salsa SOUR CREAM Shredded Cheese Gar Ranch Dressing Vinaigrette Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 3  Oven Fried Chicken Cheesy Baked Potato 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  Make Your Own PB&J ASPARAGUS CHERRY TOMATOES BANANAS PEACHES Ranch Dressing CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 5  FISH STRIPS Deli Sub Honey Baked Beans Cole Slaw LETTUCE & TOMATO PICKLES,DILL SPEAR STRAWBERRIES RAISINS KETCHUP TARTAR SAUCE MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Mar - 8  Chicken Tenders & Biscuits  Yogurt Strawberry Parfait  Garlic Smashed Red Potatoes  GREEN BEANS Apple Wedges PEARS Gravy KETCHUP BBQ Sauce Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 9  Cheese Quesadilla Hawaiian Chicken Wrap  Refried Beans CORN Pico Cup GRAPES,Fresh APRICOTS Salsa SOUR CREAM Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 10  Korean Beef Bow Grilled Cheese Pickled Carrots CUCUMBER COINS ORANGES Cinnamon Applesauce Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 11  Cheesy Baked Penne Cobb Salad 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  GRILLED CHICKEN SANDWICH  VEGGIE BURGER Roasted Red Potatoes Baby Carrots LETTUCE & TOMATO PICKLES,DILL SPEAR KIWI with GRAPES DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim
Mar - 15  Pepperoni Pizza Yogurt Berry Parfait Roasted Carrots Romaine Salad Apple Wedges PEARS Ranch Dressing Vinaigrette Dressing CHEESE,PARMESAN, RED PEPPER FLAKE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 16  Chicken Taco Salad 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 Fruit and Cheese Bistro Plate  Garlic Smashed Red Potatoes  GREEN BEANS ORANGES STRAWBERRIES Gravy Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 18  Cheese Ravioli Breadstick Tuna Salad Sandwich Green Spring Peas Celery and Carrot Stick BANANAS PEACHES Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Mar - 19  BBQ Sandwich Macaroni and Cheese Honey Baked Beans Cole Slaw STRAWBERRIES RAISINS 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	Mar - 23	Mar - 24	Mar - 25	Mar - 26
Chef Salad Egg Pancake Roasted Red Potatoes CHERRY TOMATOES GRAPEFRUIT HALVES Smoothie SYRUP,PANCAKE Salsa Ranch Dressing Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	<b>Beef &amp; Mushroom</b> <b>Taco w/ Lime Crema</b> Fish Taco Seasoned Pinto Beans Pico Cup GRAPES,Fresh APRICOTS Salsa SOUR CREAM Shredded Cheese Ranch Dressing Lime Crema Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Teriyaki Chicken w/ Brown Rice Make Your Own PB&J BROCCOLI RED PEPPERS & CARROTS ORANGES Cinnamon Applesauce Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Rotini Pasta w/ topping Deli Sub Steamed Vegetable Medley <b>Spinach Side Salad</b> LETTUCE & TOMATO PICKLES,DILL SPEAR BANANAS PEACHES CHEESE,PARMESAN, RED PEPPER FLAKE MUSTARD MAYONNAISE Milk Non-fat Chocolate MILK,1% Lowfat MILK,Skim	Grilled Chicken Sub Sandwich Bean and Cheese Burrito Sweet Potato Fries GREEN BEANS <b>LETTUCE &amp; TOMATO</b> PICKLES,DILL SPEAR KIWI with GRAPES DRIED CRANBERRIES KETCHUP MUSTARD MAYONNAISE Salsa 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.