**March 2024 Klamath Family Early Head Start Menu**

**Lakeview**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  | **1** | **B:** WG Rice KrispiesFresh Thin Sliced Apple Milk**L:** Tomato Soup/Grilled Cheese on WG BreadString Cheese, Diced Peaches in juice, Milk |
| **4** | **B:** WG French Toast Sticks, ApplesauceMilk**L:** Tuna Salad w/Saltine Crackers, Steamed Baby Carrots, Thin Sliced Oranges, Milk | **5** | **B:** WG CheeriosBananaMilk**L:** Pozole Soup w/ChickenWG Chips, Cabbage, Cilantro, Tropical Fruit in juice, Milk | **6** | **B:** Chilaquiles w/WG Tortillas, Pineapple Tidbits in juice, Milk**L:** Tofu Stir Fry w/WG Yakisoba Noodles, Mixed Stir Fry Veggies, Diced Pears in juice, Milk | **7** | **B:** WG Blueberry MuffinsThin Sliced OrangesMilk**L:** Meatloaf, Green BeansWG Dinner RollDiced Peaches in juice Milk | **8** | **B:** Malt o MealBlueberriesMilk**L:** Pork Riblet Sandwich on WW Bun, Sweet Potato Fries, Thin Sliced Apples Milk  |
| **11** | **B:**  Berry Blast Off ParfaitWG CheeriosMilk**L:** BBQ Chicken Sandwich on WG BunCorn (Frozen)Mandarins in juice, Milk | **12** | **B:**  Breakfast Burritos on WG Tortillas, Grapes ¼ Milk**L:** Chickpea Curry over WG RiceDiced Peaches in juiceMilk | **13** | **B:** WG French Toast Blueberry SauceMilk**L:** Hamburger on WW BunSweet Potato FriesThin Sliced OrangesMilk | **14** | **B:**  WG Life CerealBanana Milk**L:** Corned Beef & Cabbage, Baby Carrots, PotatoesWG Dinner Roll, Diced Pears in juice, Milk | **15** | **B:** WG OatmealStrawberriesMilk**L:**  Egg Salad w/Saltine Crackers, Diced Cucumbers Thin Sliced ApplesMilk |
| **18** | **B:** WG CheeriosBananaMilk**L:** WG Fish SticksMixed Veggies (Frozen)Tropical Fruit in juiceMilk | **19** | **B:** WG PancakesApplesauceMilk**L:**  WG English Muffin Cheese Pizza, Diced Cucumber, Mandarins in juice, Milk | **20** | **B:** Banana Bobs w/Strawberry Yogurt & WG Rice Krispies, Milk**L:** Taco Salad w/Beef, WG Chips, Lettuce, Tomato, Ranch Dressing, Grapes ¼ Milk | **21** | **B:** Banana WG MuffinPineapple Tidbits in juiceMilk**L:** Chicken Alfredo w/ WG Pasta, Steamed Broccoli Diced Peaches in juice Milk | **22** | **B:** WG CheeriosStrawberriesMilk**L:** Ham & Cheese Sandwiches on WW BreadSteamed Baby Carrots, Thin Sliced Oranges, Milk |
| **25** |  **No School** | **26** |  **No School** | **27** |  **No School** | **28** |  **No School** | **29** |  **No School** |

**\*This Institution is an Equal Opportunity Provider. Menu is subject to change.**

**\*1% Unflavored Milk served to children Age 2 or older \*Unflavored Whole Milk served to children Age 12 months-23 months**

**Snack**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  | **1** |   |
| **4** | WG Graham CrackersMilk | **5** | WG Goldfish CrackersCottage CheeseWater | **6** | Ritz CrackersSliced BananaWater  | **7** | Dill PicklesString CheeseWater | **8** |  |
| **11** | WG Graham CrackersMilk | **12** | Sliced Apple (Canned)Ritz CrackersWater | **13** | WG Animal CrackersStrawberry YogurtWater | **14** | Thin Sliced ApplesString CheeseWater  | **15** |  |
| **18** | WG Graham CrackersMilk | **19** | Roasted ChickpeasThin Sliced ApplesWater | **20** | Dill PicklesString CheeseWater | **21** | WG Goldfish CrackersCottage CheeseWater | **22** |  |
| **25** |  **No School** | **26** |  **No School**  | **27** |  **No School** | **28** |  **No School** | **29** |  |

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