



Altadena Children's Center
March 2 - 30, 2015

EHS

Fruit and vegetable substitutions may occur without notice due to market availability

<p>2 French Toast Sticks, Canned Apricots ★ Chicken Potstickers, Cabage & Edamame Salad, Fresh Pineapple ★ Animal Crackers, Melon</p>	<p>3 Cream of Wheat w/ Spiced Apples & Raisins ★ Grilled Fajitia Chicken Strips w/ Grilled Onion, Pepper & Tomatoes, Guacamole & Salsa, Corn Tortilla ★ Fish Crackers, Tangerine</p>	<p>4 Granola, Banana ★ Meatball Sub Sandwich w/ Grilled Peppers, Onions & Arugula, Apple Slices ★ Ritz Crackers, Cheese Slices</p>	<p>5 Golden Grahams, Orange Wheels ★ Rosemary Chicken, Sauteed Arugula w/ Pomegranate & Sunflower Seeds, Wild Rice, Fruit Salad ★ Cucumbers, Pita, Tzatziki</p>	<p>6 Corn Muffin, Hash Brown Potato ★ Lentil Soup, Arugula Avacado Salad, Pita Chips, Pear ★ Fig Bar, Tangerine</p>
<p>9 Peaches and Cream Oatmeal, Canned Peaches ★ Spaghetti w/ Meat Sauce, Italian Steamed Vegetables, Melon Salad ★ Granola, Vanilla Yogurt</p>	<p>10 Pancake, Pomegranate Syrup, Banana ★ Chicken Soft Taco, Apple Slices ★ Tortilla Chips, Mexican Quinoa Salad</p>	<p>11 Wheat Bagel, Avacado Cream Cheese, Tangerine ★ Hamburger, Pear Slices ★ Zucchini Bread, Grapes</p>	<p>12 Blueberry Muffin, Grapefruit Salad ★ Teriyaki Chicken, Asian Vegetables, Brown Rice, Pineapple Chunks ★ Ritz Crackers, Celery Sticks, Soy Butter</p>	<p>13 Wheat Tortilla, Sweet Potato Hash w/ Corn & Peppers, Salsa Fresca ★ Cheese Tortellini, Roasted Broccoli, Sauteed Arugula, Mandarin Oranges ★ Cinnamon Grahams, Peaches</p>
<p>16 Breakfast Sandwich, Applesauce ★ Mac & Cheese w/ Hot Dog Bits, Green Peas, Berries ★ Pretzels, Hummus</p>	<p>17 Waffle, Soy Butter, Banana ★ Make Your Own Burrito, Pears ★ Baked Veggie Sticks, Melon</p>	<p>18 Whole Grain Cereal, Strawberries, Crumbled Goat Cheese ★ BBQ Chicken Sandwich, Carrot Salad, Grapes ★ Oatmeal Raisin Cookie, Banana</p>	<p>19 Flatbread, Crumbled Goat Cheese, Mashed Avacado ★ Baked Herbed Chicken Thigh, Zucchini, Arugula Citrus Salad w/ Pomegranate ★ Rice Cakes, Shelled Edamame</p>	<p>20 Cranberry Orange Muffin, Grapefruit Salad ★ Fish Nuggets, Sage Buttered Carrots, Wild Rice, Tangerine ★ Fish Crackers, Apples</p>
<p>23 Cheesy Grits, Peaches ★ Chicken Nuggets, Cut Corn, Mandarin Oranges ★ Chex Mix, Orange Wedges</p>	<p>24 Biscuit, Jam, Pomegranate Berry Salad ★ Chicken Tortilla Soup, Corn Bread Muffin, Tangerine ★ Tortilla Chips, Guacamole & Salsa</p>	<p>25 Cereal Bar, Banana ★ Honey Mustard Glazed Pork Chop, Mashed Potatoes & Peas, Wild Rice, Applesauce ★ Hawaiian Role, Deli Turkey Slices</p>	<p>26 Pumpkin Bread, Pear Halves ★ Turkey Hot Dog, Baked Beans, Fruit Salad ★ Wheat Thins, Snap Peas, Cucumber Coins</p>	<p>27 Cinnamon Raisin Swirl Bread, Berries ★ Tuna Noodle Caserole w/ Cheese and Green Beans, Mixed Fruit ★ Homemade Cornflake Treat, Pear Slices</p>
<p>30 Spiced Oatmeal w/ Raisins ★ Chicken Salad w/ Pomegranate, Wheat Pita, Grapes ★ Canned Peaches, Cottage Cheese</p>	<p>31 Breakfast Quesdaila w/ Peppers & Avacado ★ Curried Chicken, Steamed Vegetables, Brown Rice, Pineapple Salad ★ Fig Bar, Mandarin Oranges</p>	<p>Fruits of the Month: Grapefruit, Pomegranate</p>		<p>Vegetables of the Month: Avocado & Arugula</p>

*Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers 1-2 yrs), low-fat milk (preschool >2 yrs). All milk served is rBST-free.

"This institution is an equal opportunity provider."

