

EZ Meals - March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/28-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk(8oz)	3/1-Buffalo Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	3/2-*Tuna Salad (3oz) Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% Milk (8oz)	3/3-Chicken (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Mandarins (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	3/4-*Beef Bologna Turkey & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
3/7-*Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Mandarins (1/4c) WG Crackers (22g) 1% Milk (8oz)	3/8-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	3/9-Tuna (2oz) & Cheese (.5oz) in *Macaroni Salad Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	3/10-*Beef Salami (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Pears (1/4c) WG Roll (28g) 1% Milk	3/11-*Beef Bologna & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
3/14-*Tuna Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% White Milk (8oz)	3/15-BBQ Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Mandarins (1/4c) WG Tortilla (28g) 1% White Milk (8oz)	3/16-*Turkey (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	3/17-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Applesauce (1/4c) WG Tortilla (28g) 1% Milk (8oz)	3/18-*Turkey & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
3/21-*Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Peaches (1/4c) WG Crackers (22g) 1% Milk(8oz)	3/22-Buffalo Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Creamy Coleslaw(1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	3/23-*Tuna Salad (3oz) Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Pears (1/4c) WG Crackers (22g) 1% Milk (8oz)	3/24-Chicken (2oz) & Cheese (.5oz) in *Macaroni Salad Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Mandarins (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	3/25-*Beef Bologna & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)
3/28-*Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) LF Ranch Dressing Mandarins (1/4c) WG Crackers (22g) 1% Milk (8oz)	3/29-Taco Seasoned Chicken (2oz) Shredded Cheese (.5oz) *Salsa, Tomato, Scallions in Lime Dressing (1/2c) Pineapple (1/4c) WG Tortilla (28g) 1% Milk (8oz)	3/30-Tuna (2oz) & Cheese (.5oz) in *Macaroni Salad Cherry or Grape Tomatoes (1/4c) Cucumber (1/4c) LF Ranch Dressing Peaches (1/4c) WG Macaroni (1/2c in 3/4c serving) 1% Milk (8oz)	3/31-*Beef Salami (2oz) Cheese (1oz) Mayonnaise & Mustard Packet Mixed Green Salad with Shredded Carrots (1c) LF Italian Dressing Pears (1/4c) WG Roll (28g) 1% Milk	4/1-*Beef Bologna & Cheese (3oz) on WG Rich Sandwich Bread Mayonnaise & Mustard Packet *Potato Salad (2/3c) Fruit Cocktail (1/4c) WG Rich Bread (1 slice, 28g) 1% Milk or Fat Free Flavored Milk (8oz)