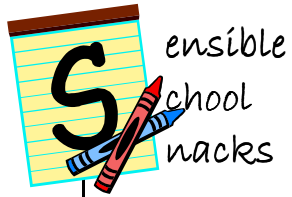



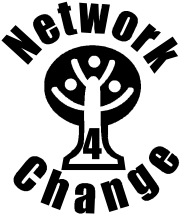


March 2008



| | Mon | Tue | Wed | Thu | Fri | |
|---------------------------|--|---|---|---|--|---|
| Breakfast Thoughts | 3 Small muffin, yogurt & applesauce, water | 4 ½ - 1 cup dry cereal, milk, raisins | 5 Bagel with cheese, orange juice  | 6 English muffin with ham & cheese, orange, milk | 7 2 blueberry pancakes, orange wedges, yogurt, juice  | |
| Snack Ideas | 10 4 graham crackers with cream cheese, fruit cup, milk | 11 A slice banana bread, dried apricots, cheese cubes, juice | 12 Dry cereal with dried cranberries, yogurt, water | 13 Raisin bread with butter, yogurt, orange juice | 14 Whole grain crackers, cheese cubes, pineapple chunks, water | |
| Lunch Samples | 17 ½ roast beef sandwich, carrots & dip, juice | 18 Tomato soup made with milk, whole grain crackers, kiwi pieces, water | 19 Salmon wrap, celery sticks & dip, applesauce, chocolate milk | 20 Mini pitas with corned beef, tossed salad (dressing on the side), milk pudding, water | 21 Left over chili, whole wheat roll, pear, milk  | |
| Tips | 24 Moist towelettes remind kids to wash their hands before eating- and to clean themselves up afterward | 25 Pick A Fun Container: What you carry your lunch in can make a difference in how you perceive your food. | 26 Watch your serving sizes. Those small 3 and 4 oz. containers don't look like they hold much - but they do hold a serving. | 27 Make sure soup boils before it goes in the thermos/if it is a chilled soup, chill it well. Prime the thermos by filling it with either hot or ice cold water before you add the soup. | 28 If you make sandwiches the night before, keep them in the refrigerator until packing up to go in the morning. |  |