March MEAL PLAN

Week of: March 25,2024

	Breakfast	AM/PM Snack	lunch
MON	Waffles, topped with a dab of yogurt, strawberries, and almond milk.	Hummus & Crackers Blackberries & Veggie sticks	Whole grain pasta with a freshly made organic tomato and basil sauce, salad, apple slices
TUE	Toast with sunflower butter, topped with bananas organic fruit, and veggie blend smoothie.	Animal crackers Cucumber slices with ranch dipping sauce	Arroz con gandules { rice & beans} chicken, slices of avocado and grape
WED	Homemade blueberry muffins, bananas, organic egg whites, almond milk	Apple slices with sunflower butter for dipping Organic strawberry and banana dairy free smoothie	Homemade Italian wedding soup {loaded with yummy veggies, pastina, and mini chicken meatballs, excluded in vegetarian} crostini crackers, slices of mango
THU	Honey Cheerios, strawberries, almond milk, and avocado toast on the side	Baby carrots with a dip children may choose sunflower butter or ranch Homemade banana popsicle	Carrots, green beans, baked chicken, orange slices
FRI	Organic rolled oats, shaved almonds, blueberries, strawberries and almond milk.	Yogurt bowl topped with a variety of fruit,[children choose their desired fruit} chia seeds, and almond and chocolate shavings fruit snacks & veggie sticks	Build your own pita bread pizza! children build their own pizza to foster independent life skills this activity is super fun!

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