

EZ Menus Planned for Week of 02/25/2024 thru 03/02/2024

Family Resources, Inc.

EZ Menus Planned for Week of 03/03/2024 thru 03/09/2024

Family Resources, Inc.

EZ Menus Planned for Week of 03/10/2024 thru 03/16/2024

Family Resources, Inc.

March 10, 2024		March 11, 2024		March 12, 2024		March 13, 2024		March 14, 2024		March 15, 2024		March 16, 2024	
Sun		Mon		Tue		Wed		Thu		Fri		Sat	
X - Oatmeal -W (WG)(047 Honeydew Melon (022) Whole, 1%, or (1)		X - Toast - W (WG)(265 Fruit Cocktail (015) Whole, 1%, or (1)		X - Chex-Wheats (W/G)(063 Fruit Salad (016) Whole, 1%, or (1)		X - Waffles - (WG)(262 Fruit Cocktail (015) Whole, 1%, or (1)		X - Pancakes (WG)(261 Applesauce (002) Whole, 1%, or (1)		X - Toast - W (WG)(265 Cantaloupe-AC (008) Whole, 1%, or (1)		X - Cream of (WG)(044 Mandarin Orange (023) Whole, 1%, or (1)	
X - Rice Cake (WG)(102 Mixed Fresh F (100)		Peanut Butter (140) X - Wheat Bre (WG)(083 Whole, 1%, or (1)		Cheddar Chees (036) X - Crackers (WG)(035		X - Wheat Thi (WG)(256 Bananas-C (004)		Hummus (123) Bagel Chips (240)		Colby Cheese (088) X - Crackers (WG)(035 Pears-C (030)		Peanut Butter (140) X - Whole Gra (WG)(138 Bananas-C (004)	
Salsbury Ste (017)		Beef Ground (003)		Chicken Breas (027)		Tuna (046)		Beef Stew Mea (081)		Pork Chops / (053)		Ham (051)	
X - Brown Ric (WG)(100 Carrots-AC (163)		X - Noodles-P (WG)(260 Tomato Saluce- (248)		X - Brown Ric (WG)(100 Spinach-AC (205)		X - Wheat Bre (WG)(083 Celery-C (288)		X - Wheat Bre (WG)(083 Carrots-AC (163)		X - Brown Ric (WG)(100 Butternut Squ (161)			
Fruit Cocktail (015) Whole, 1%, or (1)		Garden Salad (243)		Pineapple-C (031) Whole, 1%, or (1)		Honeydew Melo (020) Whole, 1%, or (1)		Mashed Potato (234) Whole, 1%, or (1)		Mixed Fresh F (100) Whole, 1%, or (1)			
X - Crackers (WG)(035 Oranges-C (026)		X - Ritz Crac (WG)(243 Applesauce (002)		Corn Dog (012) Breading (003)		Animal Cracke (054) Whole, 1%, or (1)		X - Ritz Crac (WG)(243 Peaches-AC (028)		X - Kit - WGR (WG)(137 Whole, 1%, or (1)		X - Ritz Crac (WG)(243 Cucumbers-C (170)	
Salsbury Ste (017)		Beef Ground (003)		Chicken Breas (027)		Tuna (046)		Beef Stew Mea (081)		Pork Chops / (053)		Ham (051)	
X - Wheat Bre (WG)(053 Peas-AC (185)		X - Whole Gra (WG)(138 Pinto Beans (224)		X - Whole Gra (WG)(138 Peppers, Gree (262)		X - Wheat Bre (WG)(083 Peas and Carr (186)		X - Whole Gra (WG)(138 Peas and Carr (186)		X - Brown Ric (WG)(100 Broccoli-AC (158)			
Peaches-AC (028) Whole, 1%, or (1)		Lettuce, Roma (234)		Bananas-C (004) Whole, 1%, or (1)		Bananas-C (004) Whole, 1%, or (1)		Bananas-C (004) Whole, 1%, or (1)		Applesause (002) Whole, 1%, or (1)			
X - Waffles - (WG)(262 Strawberries (038)		Yogurt (150)		Hummus (123)		X - Cheerios (WG)(045 X - Granola - (WG)(252		X - Sunchips (WG)(041 Raisins (034)		Yogurt (150) X - Wheat Thi (WG)(256 Strawberries (038)		X - Cheerios (WG)(045 Whole, 1%, or (1)	

EZ Menus Planned for Week of 03/17/2024 thru 03/23/2024

Family Resources, Inc.

EZ Menus Planned for Week of 03/24/2024 thru 03/30/2024

Family Resources, Inc.

March 24, 2024		March 25, 2024		March 26, 2024		March 27, 2024		March 28, 2024		March 29, 2024		March 30, 2024	
Sun		Mon		Tue		Wed		Thu		Fri		Sat	
Breakfast													
X - Bagels - (WG)(223)	X - Oatmeal-W (WG)(047)	Egg-Whole (135)	X - Total - W (WG)(085)	Cheddar Chees (086)	X - Waffles - (WG)(262)	X - Oatmeal-W (WG)(047)							
Fruit Cocktail (015)	Mixed Fresh F (100)	Grits (046)	Apples-C (001)	Corn Tortilla (107)	Applesauce (002)	Baranas-C (004)							
Whole, 1%, or (1)	Whole, 1%, or (1)	Fears-C (030)	Whole, 1%, or (1)	Pinto Beans (224)	Whole, 1%, or (1)	Whole, 1%, or (1)							
AM Snack													
X - Goldfish (WG)(257)	Animal Cracke (054)	X - Goldfish (WG)(257)	X - Wheat Thi (WG)(256)	X - Toast - W (WG)(265)	X - Rice Cake (WG)(102)	X - Wheat Thi (WG)(256)							
Cantaloupe-AC (018)	Whole, 1%, or (1)	Peaches-AC (028)	Cantaloupe-AC (008)	Fruit Salad (016)	Mixed Fresh F (100)	Fruit Cocktail (015)							
Lunch													
Turkey Meatba (072)	Cheeseburger (062)	Fish Fillets (111)	Chicken Roast (034)	Roast Beef (016)	Turkey Meatba (072)	Turkey Meatba (072)							
X - Noodles-P (WG)(260)	Hamburger Bun (018)	X - Wheat Bre (WG)(083)	X - Wheat Bre (WG)(083)	X - Noodles-P (WG)(260)	X - Brown Ric (WG)(100)	Spirate Ribs (061)							
Tomato Sauce- (248)	French Fries- (231)	Broccoli-AC (158)	Butternut Squ (161)	Sweet Potato/ (241)	Tomatoes, Fre (250)	X - Brown Ric (WG)(100)							
Peppers, Gree (262)	Watermelon-AC (041)	Oranges-C (026)	Peas-AC (185)	Green Beans-C (172)	Gardan Salad (243)	Com-C (168)							
Whole, 1%, or (1)	Green Beans-C (172)												
PM Snack													
X - Ritz Crac (WG)(243)	X - Cheezits (WG)(266)	X - Ritz Crac (WG)(243)	X - Crackers (WG)(035)	X - Whole Gra (WG)(138)	Pumpkin Bread (134)	Peanut Butter (140)							
Peaches-AC (028)	Apples-C (001)	Bananas-C (004)	Oranges-C (026)	Peaches-AC (028)	Whole, 1%, or (1)	X - Whole Gra (WG)(138)							
Dinner													
Turkey Meatba (072)	Beef Lunchmea (082)	Fish Fillets (111)	Chicken Roast (034)	Roast Beef (016)	Turkey Meatba (072)	Turkey & Chee (048)							
X - Brown Ric (WG)(100)	X - Wheat Bre (WG)(083)	X - Brown Ric (WG)(100)	X - Brown Ric (WG)(100)	X - Noodles-P (WG)(260)	X - Whole Gra (WG)(138)	X - Wheat Bre (WG)(083)							
Garden Salad (243)	Baked Beans (213)	Cole Slaw (166)	Sweet Potato/ (241)	Peas and Carr (186)	Peppers, Gree (262)	Spinach-AC (205)							
Tomato Sauce- (248)	Watermelon-AC (041)	Mandarin Oran (023)	Peas and Carr (186)	Mandarin Oran (023)	Fruit Cocktail (015)	Peaches-AC (028)							
Whole, 1%, or (1)													
Evening Snack													
X - Wheat Thi (WG)(256)	Cheese (037)	X - English M (WG)(258)	Peanut Butter (140)	X - Sunchips (WG)(041)	Honeydew Melo (020)	X - Cheerios (WG)(045)							
Mixec Fresh F (100)	X - Crackers (WG)(035)	Mixed Fresh F (100)	X - Wheat Bre (WG)(083)	Whole, 1%, or (1)	Whole, 1%, or (1)	X - Goldfish (WG)(257)							
						Applesause (002)							

EZ Menus Planned for Week of 03/31/2024 thru 04/06/2024

Family Resources, Inc.

March 31, 2024	April 01, 2024	April 02, 2024	April 03, 2024	April 04, 2024	April 05, 2024	April 06, 2024
Sun	Mon	Tue	Wed	Thu	Fri	Sat
X - Cheerios (WG)(045 Bananas-C (004) Whole, 1%, or (1)				Breakfast		

AM Snack

X - Goldfish (WG)(257
Peaches-AC (028)

Lunch

Beef Kielbasa (004)
X - Wheat Bre (WG)(053
Peas-AC (185)
Mashed Potato (234)
Whole, 1%, or (1)

PM Snack

Peanut Butter (140)
X - Wheat Bre (WG)(053
Whole, 1%, or (1)

Dinner

Beef Kielbasa (004)
X - Brown Ric (WG)(100
Sweet Potato((241)
Green Beans-C (72)
Whole, 1%, or (1)

Evening Snack

X - English M (WG)(258
Mixed Fresh F (100)