

Site: Saginaw YMCA  
 Month: March 2019



## MISSION NUTRITION Menu

	<b>Monday</b> DATE: 3/4/2019	<b>Tuesday</b> DATE: 3/5/2019	<b>Wednesday</b> DATE: 3/6/2019	<b>Thursday</b> DATE: 3/7/2019	<b>Friday</b> DATE: 3/8/2019	<b>Saturday</b> DATE: 3/9/2019
<b>Snack:</b> (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>
<b>Lunch/Supper:</b> -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Carrots w/ Hummus -W.W Wrap	-Low Fat Milk - Wow Butter & Jelly -String Cheese -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Oranges -Celery w/ Wow Butter -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips

KEY: W.W.: Whole Wheat, W.G.: Whole Grain, Wow Butter = Soy Based substitute for Peanut Butter

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## MISSION NUTRITION Menu

	<b>Monday</b> DATE: 3/11/2019	<b>Tuesday</b> DATE: 3/12/2019	<b>Wednesday</b> DATE: 3/13/2019	<b>Thursday</b> DATE: 3/14/2019	<b>Friday</b> DATE: 3/15/2019	<b>Saturday</b> DATE: 3/16/2019
<b>Snack:</b> (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>
<b>Lunch/Supper:</b> -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Celery -W.W Wrap	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Apples - Cucumbers -W.G. Bread	-Low Fat Milk -Beans with Shredded Cheese -Raspberry Yogurt -Salsa and Peppers -Tortilla Chips	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Oranges -Cucumbers -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots -4 Packets of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Beans with Shredded Cheese -Melon -Salsa and Peppers -Tortilla Chips

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## MISSION NUTRITION Menu

	<b>Monday</b> DATE: 3/18/2019	<b>Tuesday</b> DATE: 3/19/2019	<b>Wednesday</b> DATE: 3/20/2019	<b>Thursday</b> DATE: 3/21/2019	<b>Friday</b> DATE: 3/22/2019	<b>Saturday</b> DATE: 3/23/2018
<b>Snack:</b> (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>
<b>Lunch/Supper:</b> -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk -Wow Butter & Jelly -String Cheese -Banana -Tomatoes and Peppers -W.G. Bread	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Apple w/ Wow Butter -Carrots -W.W Wrap	-Low Fat Milk -Beans with Shredded Cheese -Oranges -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Orange -Carrots w/ Hummus -W.W Wrap	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Cucumbers -Bananas - <b>4 Packets</b> of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Blueberry Yogurt -Cucumbers -W.G. Bread

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## MISSION NUTRITION Menu

	<b>Monday</b> DATE: 3/25/2019	<b>Tuesday</b> DATE: 3/26/2019	<b>Wednesday</b> DATE: 3/27/2019	<b>Thursday</b> DATE: 3/28/2019	<b>Friday</b> DATE: 3/29/2019	<b>Saturday</b> DATE: 3/30/2019
<b>Snack:</b> (2 of the 5 listed below) -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>	<b>NO SNACK SERVED</b>
<b>Lunch/Supper:</b> -8 oz. fluid milk -2 oz. Meat/Meat alternate -1/4 cup of fruit -1/2 cup of vegetables -1 serving of grains (1 slice of bread, 1 tortilla, 1 cup of tortilla chips), 1 serving of crackers	-Low Fat Milk - Turkey Lunch Meat with Sliced Cheese -Banana w/ Wow Butter -Celery -W.G. Bread	-Low Fat Milk -Wow Butter & Jelly -String Cheese -Applesauce -Carrots -W.W. Wraps	-Low Fat Milk -Beans with Shredded Cheese -String Cheese -Oranges -Salsa and Peppers -Tortilla Chips	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Orange -Peppers w/ Hummus -W.W Wrap	-Low Fat Milk -Turkey Lunch Meat Squares with Sliced Cheese -Applesauce -Carrots - <b>4 Packets</b> of W.G. Crackers "Healthy Lunchables"	-Low Fat Milk -Turkey Lunch Meat with Sliced Cheese -Banana -Grape Tomatoes -W.W Wrap

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