



# RIVERVIEW CHILDREN'S CENTER

## MARCH 2010

NATIONAL NUTRITION MONTH  
NATIONAL NOODLE MONTH












**CELEBRATE  
NATIONAL  
NUTRITION  
MONTH**



**COMMISSIONER  
NUTRITION**  
Travels the US  
This month he  
investigates:  
**NATIONAL  
NUTRITION  
MONTH**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <b>CHEESEBURGER ON A WHEAT BUN</b></p> <p><b>Featured Vegetable:</b> Oven Baked French Fries <b>Featured Fruit:</b> Chilled Fruit Cocktail</p>  Chilled Milk	<p>2 <b>PASTA WITH MEAT SAUCE</b></p> <p><b>Featured Vegetable:</b> Fresh Veggies with Dip (T.T. Steamed Broccoli) <b>Featured Fruit:</b> Chilled Applesauce</p>  Chilled Milk	<p>3 <b>TOASTED CHEESE SANDWICH</b></p> <p><b>Featured Vegetable:</b> Tomato Soup/Oyster Crackers <b>Featured Fruit:</b> Frozen Juice Bar</p>  Chilled Milk	<p>4 <b>CHICKEN PATTY ON A WHEAT BUN</b></p> <p><b>Featured Vegetable:</b> Mini Caesar Salad (T.T. Mixed Vegetables) <b>Featured Fruit:</b> Chilled Pear Slices</p>  Chilled Milk	<p>5 <b>CHEESE PIZZA</b></p> <p><b>Featured Vegetable:</b> Steamed Carrots <b>Featured Fruit:</b> Chilled Peach Slices</p> <p>Chilled Milk</p>
<p>8 <b>CORN NACHOS W/ MEAT, CHEESE &amp; SALSA</b></p> <p><b>Featured Vegetable:</b> Steamed Corn <b>Featured Fruit:</b> Chilled Pineapple Chunks</p>  Chilled Milk	<p>9 <b>ITALIAN MEATBALL SANDWICH</b></p> <p><b>Featured Vegetable:</b> Garden Salad w/Dressing (T.T. Steamed Peas) <b>Featured Fruit:</b> Chilled Fruit Cocktail</p> <p>Chilled Milk</p>	<p>10 <b>PANCAKES W/SYRUP &amp; SAUSAGE PATTY</b></p> <p><b>Featured Fruits:</b> Chilled 100% Fruit Juice Cinnamon Baked Apples</p>  Chilled Milk	<p>11 <b>CHICKEN FAJITAS ON A TORTILLA SHELL</b> Lettuce, Cheese, &amp; Salsa <b>Featured Vegetable:</b> Steamed Green Beans <b>Featured Fruit:</b> Chilled Mandarin Oranges</p> <p>Chilled Milk</p>	<p>12 <b>FISH SANDWICH ON A WHEAT BUN</b></p> <p><b>Featured Vegetable:</b> Steamed Peas <b>Featured Fruit:</b> Chilled Pear Slices</p> <p>Chilled Milk</p>
<p>15 <b>PEPPERONI/CHEESE POCKET W/PIZZA SAUCE</b></p> <p><b>Featured Vegetable:</b> Steamed Cauliflower <b>Featured Fruit:</b> Chilled Mandarin Oranges</p> <p>Chilled Milk</p>	<p>16 <b>OVEN BAKED CHICKEN WITH WHEAT ROLL</b></p> <p><b>Featured Vegetable:</b> Broccoli with Cheese <b>Featured Fruit:</b> Chilled Peach Slices</p> <p>Chilled Milk</p>	<p>17 <b>St. Patrick's Day PIZZA HUT PIZZA</b></p> <p><b>Featured Vegetable:</b> Steamed Corn <b>Featured Fruit:</b> Chilled Applesauce</p> <p>Chilled Milk</p>	<p>18 <b>HOT HAM &amp; CHEESE BAGEL</b></p> <p><b>Featured Vegetable:</b> Steamed Peas &amp; Carrots <b>Featured Fruit:</b> Chilled Pear Slices</p> <p>Chilled Milk</p>	<p>19 <b>MACARONI AND CHEESE</b></p> <p><b>Featured Vegetable:</b> Garden Salad w/Dressing (T.T. St. Green Beans) <b>Featured Fruit:</b> Chilled Fruit Cocktail</p> <p>Chilled Milk</p>
<p>22 <b>TOASTED CHEESE SANDWICH</b></p> <p><b>Featured Vegetable:</b> Tomato Soup/Oyster Crackers <b>Featured Fruit:</b> Chilled Applesauce</p>  Chilled Milk	<p>23 <b>ROASTED TURKEY with Rice and Gravy</b></p> <p><b>Featured Vegetable:</b> Steamed Mixed Vegetables <b>Featured Fruit:</b> Chilled Mandarin Oranges</p> <p>Chilled Milk</p>	<p>24 <b>MEXICAN TACO ON A TORTILLA SHELL</b> Lettuce, Cheese, &amp; Salsa <b>Featured Vegetable:</b> Steamed Green Beans <b>Featured Fruit:</b> Chilled Peach Slices</p>  Chilled Milk	<p>25 <b>CHEESEBURGER ON A WHEAT BUN</b></p> <p><b>Featured Vegetable:</b> Oven Baked French Fries <b>Featured Fruit:</b> Chilled Fruit Cocktail</p>  Chilled Milk	<p>26 <b>STUFFED CRUST PIZZA</b></p> <p><b>Featured Vegetable:</b> Fresh Vegetables w/Dip (T.T. Steamed Carrots) <b>Featured Fruit:</b> Chilled Pineapple Chunks</p> <p>Chilled Milk</p>
<p>29 <b>SLOPPY JOE ON A WHEAT BUN</b></p> <p><b>Featured Vegetable:</b> Steamed Corn <b>Featured Fruit:</b> Chilled Pear Slices</p> <p>Chilled Milk</p>	<p>30 <b>CORN NACHOS W/ MEAT, CHEESE &amp; SALSA</b></p> <p><b>Featured Vegetable:</b> Steamed Peas <b>Featured Fruit:</b> Chilled Peach Slices</p> <p>Chilled Milk</p>	<p>31 <b>CHICKEN PATTY ON A WHEAT BUN</b></p> <p><b>Featured Vegetable:</b> Oven Baked Tator Tots <b>Featured Fruit:</b> Chilled Pineapple Chunks</p> <p>Chilled Milk</p>	<p>1 <b>PIZZA HUT PIZZA</b></p> <p><b>Featured Vegetable:</b> Garden Salad w/ Dressing (T.T. St. Cauliflower) <b>Featured Fruit:</b> Frozen Juice Bar</p> <p>Chilled Milk</p>	<p>2 <b>RCC CLOSED</b></p>

MENU SUBJECT TO CHANGE





# RIVERVIEW CHILDREN'S CENTER BREAKFAST AND SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 <b>HOMEMADE BISCUIT WITH JELLY</b> Chilled Pear Slices Chilled Milk *****</p> <p><b>FRESH PEAR</b> and Chilled Milk</p>	<p>2 <b>PANCAKE WITH SYRUP</b> Chilled Peach Slices Chilled Milk *****</p> <p><b>YOGURT WITH MIXED FRUIT</b> Chilled Milk</p>	<p>3 <b>CORN FLAKES</b> (School Age: Mini Loaf) Fresh Orange Slices Chilled Milk *****</p> <p><b>FRESH VEGGIES W/DIP</b> (T.T. Blueberry Mini Loaf) Chilled Milk</p>	<p>4 <b>BANANA BREAD</b> (School Age: Mini Loaf) Chilled Grape Juice Chilled Milk *****</p> <p><b>MINI PEANUT BUTTER SANDWICH</b> Chilled Milk</p>	<p>5 <b>BREAKFAST PIZZA</b> with Chilled Fruit Cocktail Chilled Milk *****</p> <p><b>TEDDY GRAHAMS</b> and Chilled Milk</p>
<p>8 <b>BAGELETTE WITH JELLY</b> Chilled Peach Slices Chilled Milk *****</p> <p><b>FRESH APPLE</b> and Chilled Milk</p>	<p>9 <b>WAFFLE WITH SYRUP</b> Chilled Fruit Cocktail Chilled Milk *****</p> <p><b>BLUEBERRY MINI LOAF</b> Chilled Milk</p>	<p>10 <b>BERRY KIX CEREAL</b> (School Age: Mini Loaf) Chilled Orange Juice Chilled Milk *****</p> <p><b>CHEESE CHUNKS WITH CRACKERS</b> Chilled Milk</p>	<p>11 <b>REDUCED SUGAR DONUT</b> Fresh Orange Slices Chilled Milk *****</p> <p><b>CHILLED FRUIT SALAD</b> and Chilled Milk</p>	<p>12 <b>WHEAT TOAST WITH JELLY</b> Chilled Mandarin Oranges Chilled Milk *****</p> <p><b>CARNIVAL COOKIE</b> and Chilled Milk</p>
<p>15 <b>ENGLISH MUFFIN WITH JELLY</b> Chilled Fruit Cocktail Chilled Milk *****</p> <p><b>FRESH BANANA</b> and Chilled Milk</p>	<p>16 <b>FRENCH TOAST STICKS WITH SYRUP</b> Chilled Pineapples Chilled Milk *****</p> <p><b>APPLE CRISP</b> and Chilled Milk</p>	<p>17 <b>GOLDEN GRAHAMS</b> (School Age: Mini Loaf) Chilled Apple Juice Chilled Milk *****</p> <p><b>MINI SOFT PRETZEL</b> and Chilled Milk</p>	<p>18 <b>CHEERIOS</b> (School Age: Mini Loaf) Fresh Orange Slices Chilled Milk *****</p> <p><b>NACHOS WITH SALSA</b> (T.T. Crackers) Chilled Milk</p>	<p>19 <b>BREAKFAST PIZZA</b> with Chilled Applesauce Chilled Milk *****</p> <p><b>CHOCOLATE PUDDING GRAHAM CRACKERS</b> Chilled Milk</p>
<p>22 <b>BANANA BREAD</b> with Chilled Mandarin Oranges Chilled Milk *****</p> <p><b>YOGURT WITH MIXED FRUIT</b> Chilled Milk</p>	<p>23 <b>PANCAKE WITH SYRUP</b> Chilled Fruit Cocktail Chilled Milk *****</p> <p><b>CHOCOLATE CHIP COOKIE</b> Chilled Milk</p>	<p>24 <b>KIX CEREAL</b> (School Age: Mini Loaf) Fresh Orange Slices Chilled Milk *****</p> <p><b>MINI HAM SANDWICH</b> and Chilled Milk</p>	<p>25 <b>RAISIN BRAN</b> (School Age: Mini Loaf) Chilled 100% Fruit Juice Chilled Milk *****</p> <p><b>FRESH VEGGIES W/DIP</b> (T.T. Blueberry Muffin) Chilled Milk</p>	<p>26 <b>FUNNEL CAKE</b> with Chilled Peach Slices Chilled Milk *****</p> <p><b>CHEESE SLICES WITH CRACKERS</b> Chilled Milk</p>
<p>29 <b>WHOLE GRAIN POPTART</b> Chilled Pineapples Chilled Milk *****</p> <p><b>TEDDY GRAHAMS</b> and Chilled Milk</p>	<p>30 <b>WAFFLE WITH SYRUP</b> Chilled Pear Slices Chilled Milk *****</p> <p><b>GRANOLA BAR</b> and Chilled Milk</p>	<p>31 <b>RICE KRISPIES</b> (School Age: Mini Loaf) Chilled Grape Juice Chilled Milk *****</p> <p><b>ICE CREAM TREAT</b> and Chilled Milk</p>	<p>1 <b>HONEY BUN</b> (School Age: Mini Loaf) Fresh Orange Slices Chilled Milk *****</p> <p><b>RED DELICIOUS APPLE</b> and Chilled Milk</p>	<p>2 <b>RCC CLOSED</b></p>

