



ELC Meal Calendar

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Breakfast	2 Chex Apricot	3 French Toast Mixed Fruit	4 Egg Patty Toast Oranges	5 Breakfast Pizza Applesauce	6 Blueberry Muffin Peaches	7	
Lunch	Mini Corndogs Corn Mixed Fruit	Walking Taco Shredded Lettuce Oranges	BBQ Rib Sandwich Baked Bean Applesauce	Orange Chicken Rice Green Beans Peaches	Cheese Pizza Broccoli Side Kick		
Snack	Mixed Fruit & Muffin	Apple Sauce & Cheez It	Ants on a Log	Cheese Stick & Cherry Tomatoes	Banana & Chex Mix		
8 Breakfast	9 Trix Craisins	10 Pancakes Mixed Berry	11 Waffle Sandwich Sliced Apples Orange Wedge	12 Breakfast Pizza Strawberries	13 Yogurt Mixed Fruit	14	
Lunch	Hamburger Potato Wedges Mixed Berry	Pizza Quesadilla Assorted Fruits Assorted Vegetables	Assorted Chicken Assorted Grain Assorted Fruits Assorted Vegetables	Sack Lunch Turkey Sandwich Assorted Fruits Assorted Vegetables	Pizza Crushers Spring Mix Peaches		
Snack	Apple Slices & Cheese Cubes	Yogurt & Animal Crackers	Sunbutter Sandwich Juice	Cucumber & Turkey	Oatmeal Bar & Peaches		
15 Breakfast	16 Cinnamon Toast Crunch Peaches	17 Banana Muffin Apple Sauce	18 Yogurt Mixed Fruit	19 French Toast Pears	20 Chex Strawberries	21	
Lunch	Hotdog Corn Apple Sauce	Queso Pull-Apart Baby Carrots Mixed Fruit	Sunbutter Sandwich Broccoli Pears	BBQ Rib Sandwich Baked Beans Strawberries	Pizza Lettuce Peaches		
Snack	Cucumbers and Provolone	Turkey & Cheez It	Cracker Graham & Cottage Cheese	Apple Slice & Sunbutter	Yogurt & Blueberries		
22 Breakfast	23 Cherries Craisins	24 Waffles Pears	25 Breakfast Wrap Oranges	26 Breakfast Pizza Blueberries	27 Yogurt Pineapple	28	
Lunch	Chicken Patty Cucumbers Pears	Walking Taco Refried Beans Oranges	Mini Corndogs Corn Blueberries	Mac and Cheese Baby Carrots Pineapple	Cheesy Breadstick Broccoli Applesauce		
Snack	Mixed Fruit & Muffin	Apple Sauce & Cheez It	Peppers & Hummus	Cheese Stick & Cracker	Banana & Chex		
Breakfast: Entrée, Fruit, and Milk		Menu is subject to change				Ryan Geerts Food Service Manager 319-396-7792 ext. 316 ryan.geerts@crxcs.org	
Lunch: Entrée, Fruit, Vegetable and Milk		All Grains are whole wheat or whole grain.					
Snack: 2 of the following Milk, Protein, Vegetable, Fruit, and Grain		"This institution is an equal opportunity provider" Substitutes will be available for dietary restrictions.					