

Monday

Tuesday

Wednesday

Thursday

Friday

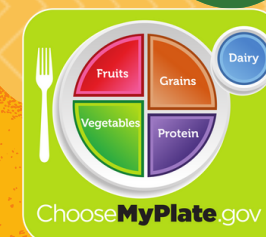
TurtleRock

## March Snack Menu

### Harvest of the Month



**Potatoes** are rich in vitamin C, which is an antioxidant. Potatoes were a life-saving food source in early times because the vitamin C prevented scurvy. Another major nutrient in potatoes is potassium, an electrolyte which aids in the workings of our heart, muscles, and nervous system. Potato skin contains fiber, which is important for digestive health.



26

27

28

29

1

**AM:** French Toast Sticks  
& Red Delicious Apple

**PM:** Sunbutter & Fruit  
Preserve Jam Roll-Ups

4

**AM:** Banana Muffins  
& Kiwi

**PM:** Ritz Crackers with  
Cream Cheese &  
Celery Sticks

5

**AM:** Blueberry Bagels  
with Cream Cheese &  
Orange Slices

**PM:** Chex Mix &  
String Cheese

6

**AM:** Brown Sugar  
Cinnamon Oatmeal &  
Pineapple Chunks

**PM:** Grape Jelly  
Sandwich Triangles &  
Seaweed Crisps

7

**AM:** Egg Frittata Muffin  
& Cantaloupe

**PM:** Pirate Booty Puffs  
& Banana

8

**AM:** Strawberry and  
Banana Yogurt Smoothie  
& Animal Crackers

**PM:** Rice Cakes with  
Sweet Cream Cheese &  
Zucchini Sticks

11

**AM:** Hard Boiled Egg,  
Cheddar Cheese  
Squares & Tangerines

**PM:** Blue Corn Tortilla  
Chips with Homemade  
Bean Dip

12

**AM:** Mini Pancakes &  
Sliced Green Grapes

**PM:** Fig Bar & Banana

13

**AM:** Vanilla Yogurt with  
Raspberry Compote

**PM:** Homemade  
Cinnamon Pita Chips  
with Fruit Mix

14

**AM:** Avocado Toast on  
Sliced Sourdough  
& Raspberries

**PM:** Cheddar Goldfish &  
Carrot Sticks

15

**AM:** Life Cereal with Milk  
& Applesauce

**PM:** Green Pea Snaps  
Crisps & String Cheese

18

**AM:** Mini Egg Quiche &  
Graham Crackers

**PM:** Chocolate Pudding  
& Sliced Granny Smith  
Apples

19

**AM:** Apple Crumble Bar  
& Mango Slices

**PM:** Artichoke Dip with  
Toasted Crostini

20

**AM:** Bran Muffins &  
Melon Chunks

**PM:** Oven Baked Pretzels  
with Homemade Apple  
Cinnamon Dip

21

**AM:** Corn Flakes with  
Milk & Kiwi

**PM:** Homemade Trail  
Mix with Pumpkin &  
Sunflower Seeds

22

**AM:** Turkey Sausage  
with Country Biscuit &  
Blueberries

**PM:** Pineapple Tidbits &  
Low Fat Cottage Cheese

25

**AM:** Mini Potato  
Pancakes & Yogurt with  
Fresh Berries

**PM:** Homemade Tzatziki  
Dip with Homemade  
Pita Chips

26

**AM:** Mini Applesauce  
Muffin & Fresh  
Orange Juice

**PM:** Turkey and  
Cucumber Spear Wraps  
& Mixed Fruit Salad

27

**AM:** French Toast Sticks  
& Cuties

**PM:** Homemade  
Gucamole with Tortilla  
Chips

28

**AM:** Scrambled Eggs  
with Turkey Bacon &  
Strawberries

**PM:** Banana & Sun Butter  
Rollups

29

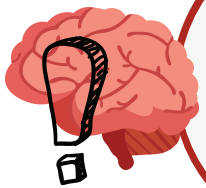
**AM:** Kix Cereal with Milk  
& Fruit Medley

**PM:** Wheat Thins with  
Cheese Cubes & Cherry  
Tomatoes

# MARCH

## HARVEST OF THE MONTH

### Potato



**Potatoes** are rich in vitamin C, which is an antioxidant. Potatoes were a life-saving food source in early times because the vitamin C prevented scurvy. Another major nutrient in potatoes is potassium, an electrolyte which aids in the workings of our heart, muscles, and nervous system. Potato skin contains fiber, which is important for digestive health.