

Friends of Children of Mississippi, Inc.
130 Riverview Drive, Suite C
Flowood, MS 39232

March 30 – April 3, 2020

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Mandarin Oranges*+ Chex Cereal ^{wg} Milk	Strawberries* Z bread ^{wg} Milk	Fresh Oranges* Cinnamon Oatmeal ^{wg} Milk	Fruit Cocktail Grits Cheese Omelet Milk	Tropical Fruit* Cheese Toast ^{wg} Milk
Macaroni & Cheese with Diced Ham Green Beans Diced Pears & Kiwi* Milk	Tuna Salad Sandwich Fresh Broccoli Salad*+ Fruit Freeze* Milk	Chicken Tetrizzini Mixed Vegetables+ Diced Peaches+ Milk	Sloppy Joe on Bun ^{wg} Black Beans Coleslaw* Milk	Stir-Fried Green Rice, Eggs and Ham String Cheese Broccoli Florets*+ Cantaloupe*+ Milk
Grape Juice Cheez-It Crackers	String Cheese Crackers	Fresh Apple Slices Yogurt	Grape Tomatoes* w/dip Breaded Cheese Stick ^{wg}	Applesauce Graham Crackers

April 6 – 10, 2020

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Diced Pears Chex Cereal ^{wg} Milk	Tropical Fruit* Bagel ^{wg} w/cream cheese Milk	Fresh Orange Smiles* Ham & Biscuit ^{wg} Milk	Sliced Peaches+ Z Bread ^{wg} Milk	Mandarin Oranges* Buttered Grits Milk
Hamburger on Bun ^{wg} Lettuce, Pickle, Tomato*+ Baked Fries Mandarin Oranges*+ Milk	Chicken Tenders Corn on the cob Green Beans Roll ^{wg} Milk	Taco Soup Diced Cantaloupe*+ Sliced Cucumber w/dip Cornbread Milk	Baked Chicken Green Beans Steamed Carrots+ Texas Toast ^{wg} Milk	Grilled Ham and Cheese Sandwich ^{wg} Broccoli Cheese Soup*+ Fresh Apple Slices Milk
Fresh Apple Slices String Cheese	Fresh Pear Slices Pumpkin Bread ^{wg}	Chex Cereal ^{wg} Milk	Strawberries* Yogurt	Banana Snack Crackers

April 13 – 17, 2020

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Tropical Fruit* Chex Cereal ^{wg} Milk	Strawberries* Oatmeal Milk	Mandarin Oranges*+ Mini Waffles ^{wg} Milk	Sliced Peaches+ Z-Bread ^{wg} Milk	Banana Toast ^{wg} Cheese Omelet Milk
Beef Pattie w/gravy Green Beans Fruit Freeze* Seasoned Rice ^{wg} Milk	Cheese Pizza ^{wg} Mixed Green Salad w/tomatoes*+ Whole Kernel Corn Milk	Mandarin Chicken California Vegetables*+ Tropical Fruit* Seasoned Rice ^{wg} Milk	Spaghetti w/Meatsauce Corn Fresh Pear Roll Milk	Sliced Ham Collard Greens*+ Field Peas Cornbread Milk
Sliced Peaches+ Quesadillas (cheese)	Banana Graham Crackers ^{wg}	Cantaloupe*+ Cottage Cheese	Pineapple Tidbits* Blueberry Muffin Loaf ^{wg}	Diced Peaches+ Snack Crackers

April 20 – 24, 2020

MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Fruit Cocktail Chex Cereal ^{wg} Milk	Diced Peaches+ Grits Milk	Applesauce Mini Pancakes ^{wg} Cheese Omelet Milk	Banana Oatmeal Milk	Fruit Cocktail Toast ^{wg} Milk
Turkey and Cheese Wrap ^{wg} Vegetable Soup*+ Sliced Kiwi* Milk	Mexican Chicken w/Rice ^{wg} Black Beans Mandarin Oranges*+ w/ Pineapple Tidbits* Milk	Hamburger on Bun ^{wg} (Lettuce, tomato*+,pickle) Baked Fries Fresh Strawberries* Milk	Codfish on Bun ^{wg} Green Beans Fresh Pear Milk	Chicken Salad Broccoli Florets*+ w/dip Cantaloupe*+ Crackers or Croissant Milk
Grape Tomatoes*+ String Cheese	Fresh Sliced Apples Yogurt	Mixed Fruit Cup Graham Crackers	Orange Juice* Breaded Cheese Stick ^{wg}	Fresh Orange Smiles* Chex Cereal w/Milk

*=Vitamin C

+ =Vitamin A

wg = whole grain or whole grain rich

All milk served is unflavored. 1% milk to children 2 – 5 years. Whole milk to children 12 – 23 months. Offer water after each meal and encourage children to drink water throughout the day.

Friends of Children of Mississippi, Inc. is an equal opportunity provider and employer.