



EAT A RAINBOW

NUTRITION ACTIVITY



Month of March

Monday	Tuesday	Wednesday	Thursday	Friday
2. Sub sandwich w/ vegetables Baked Chips Juice/Water	3. Baked Veggie Pasta/ Garlic Bread Fruit Water/Milk	4. Stuffed Paratha Butter Yogurt Dessert Milk/ Water	5. Tostadas Lettuce and Cheese Tater -Tots Water/Milk	6. Kidney Beans Rice Yogurt Fruit Milk/Water
9. Quesadilla w/ cheese & vegetables Fruit Milk/Water	10 Matter Paneer Roti Yogurt Milk/Water Dessert	11. Loaded Nachos w/ Beans/cheese Tomatoes/Olives/Onion/ sour cream Milk/Water	12. Veggie/Cheese Pizza Juice Milk/Water	13. Garbanzo Beans Rice Yogurt / Salad Milk/Water
16. Veggie Cheeseburger Lettuce/Tomato/Onion Fries Juice/Water	17. Baked Veggie Pasta/ Garlic Bread Fruit Water/Milk	18. Vegetable Dish Roti Yogurt Milk/Water Dessert	19 Quesadilla w/ cheese & vegetables Fruit Milk/Water	20. Tostadas Lettuce and Cheese Tater -Tots Water/Milk (Minimum day)
23 Loaded Nachos w/ Beans/cheese Tomatoes/Olives/Onion/ sour cream Milk/Water	24. Stuffed Paratha Butter Yogurt Dessert Milk/ Water	25 Tostadas Lettuce and Cheese Tater -Tots Water/Milk	26. Sub sandwich w/ vegetables Baked Chips Juice/Water	27. Kidney Beans Rice/Yogurt Fruit Milk/Water
30. Baked Veggie Pasta/ Garlic Bread Fruit Water/Milk	31. Veggie/Cheese Pizza Juice Milk/Water Popsicles			