



March 2025 Precious Memories Place



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Healthy Eating Tips: Children require different amounts of iron at various ages and stages of</p>	<p>3. Macaroni & Cheese Green Bean Applesauce Milk</p>	<p>4. Chicken Nuggets Broccoli Pineapple Milk</p>	<p>5. Cinnamon Pancake Apple Slices w/ Sunbutter Dip Milk</p>	<p>6. Pizzadilla Cucumber Slices Melon Milk</p>	<p>7. Chicken & Pasta Peas Orange Slices Milk</p>	<p><i>lead to learning and behavioral problems. Although iron from meat sources is more easily ab-</i></p>
<p><i>After 12 months of age, toddlers are at risk for iron deficiency because they no longer drink iron -</i></p>	<p>10. Pasta w/Turkey Meatballs Peas Peach Slices Milk</p>	<p>11. Grilled Cheese on Whole Wheat Cucumber Slices Orange Slices Milk</p>	<p>12. Sunbutter and Jelly on Whole Wheat Green Beans Melon Milk</p>	<p>13. Chicken, Broccoli Pasta Alfredo Apple Slices Milk</p>	<p>14. Fish Sticks Sweet Potato Fries Pineapple Milk</p>	<p><i>body than that from plant foods, all of these iron-rich foods below can make a diet more nutritious.</i></p>
<p><i>fortified formula and may not be eating iron - fortified infant cereal or enough other iron-containing</i></p>	<p>17. American Chop Suey W/Ground Turkey Broccoli Applesauce Milk</p>	<p>18. Turkey Hot Dogs Baked Beans Melon Milk</p>	<p>19. Cheese Quesadilla w/Salsa Cucumber Slices Orange Slices Milk</p>	<p>20. Turkey Sandwich on Whole Wheat Green Beans Pineapple Milk</p>	<p>21. Cinnamon Pancake Apple Slices w/ Sunbutter Dip Milk</p>	<p><i>*red meat *tuna *salmon *eggs *dried fruits *tofu *leafy green veggies</i></p>
<p><i>make up the difference. Drinking a lot of cow's milk can also put a toddler at risk as cow's milk is low</i></p>	<p>24. Pasta W/ Alfredo Sauce Green Beans Peach Slices Milk</p>	<p>25. Ground Turkey Taco w/Lettuce, Tomato and Cheese Chips Apple Slices Milk</p>	<p>26. Pasta Salad, Turkey, Peas & Carrot Pineapple Milk</p>	<p>27. Grilled Cheese on Whole Wheat Broccoli Orange Slices Milk</p>	<p>28. Sunbutter & Jelly on Whole Wheat Cucumber Slices Melon Milk</p>	<p><i>*dark poultry *iron-fortified cereals *enriched grains *blackstrap molasses</i></p>
<p><i>in iron and milk decreases the absorption of iron . Iron deficiency can affect growth and may</i></p>	<p>31. Pasta & Sauce Peas Apple Slices Milk</p>	<p>Please be advised that food prepared here may contain these ingredients:</p>				<p><i>For more information visit: www.kidshealth.org Grilled Cheese on Whole Wheat Green Beans</i></p>

Breakfast: Cheerios, Fruit Cheerios, Bananas, Toast, Juice & Milk*Whole Milk is All Natural & Free of Growth Hormones*

Snacks: : Graham Crackers, Gerber Fruit Puffs, Fresh Fruit, Yogurt, Cheese, Goldfish, Cinnamon Toast Crunch/Cheerios Mix, Wheat Thins, Craisins, Bananas, Cheese and Crackers, Cucumber and Hummus, Go-gurt, Applesauce