


MARCH

BREAKFAST

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Strawberry Applesauce Cup Orange/Tangerine Juice W/G Trix Cereal-1 oz. W/G Strawberry Waffle Grahams-2 Milk-8 oz.</p>	<p>3</p> <p>Fresh Apple-1 Eggo Mini Blueberry Pancakes w/ Syrup-1 Bag Milk-8 oz.</p>	<p>4</p> <p>Pineapple Cup-1/2 c. 100% Apple Juice-4 oz. W/G Blueberry Pop Tart-2 Milk-8 oz.</p>	<p>5</p> <p>Fresh Orange-1 100% Grape Juice-4 oz. Egg and Cheese on a Whole Wheat Bun-1 Milk-8 oz.</p>	<p>6</p> <p>Fresh Golden Apple-1 Whole Grain White Bagel w/ Cream Cheese-1 Milk-8 oz.</p>
<p>9</p> <p>Mandarin Orange Cup 100% Grape Juice-4 oz. W/G Alphabets Cereal Apple Breakfast Bar-1 Milk-8 oz.</p>	<p>10</p> <p>Fresh Apple-1 W/G French Toast Sticks w/ Syrup-3 Milk-8 oz.</p>	<p>11</p> <p>Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Croissant with Margarine-2.2 oz. Milk-8 oz.</p>	<p>12</p> <p>Diced Pear Cup-1/2 c. 100% Apple Juice-4 oz. American Cheese Omelet-3 oz. Whole Grain Bread Milk-8 oz.</p>	<p>13</p> <p>Fresh Granny Smith Apple W/G Superdonut-2 oz. Milk-8 oz.</p>
<p>16</p> <p>Diced Peach Cup-1/2 c. 100% Orange/Tang/Juice Honey Graham Toasters Cereal Strawberry Breakfast Bar-1 Milk-8 oz.</p>	<p>17</p> <p>Fresh Apple-1 Eggo Mini Waffles with Syrup-1 Bag Milk-8 oz.</p>	<p>18</p> <p>Mandarin Orange Cup-1/2 c. 100% Apple Juice-4 oz. Whole Wheat Bagel with Cream Cheese-1 Milk-8 oz.</p>	<p>19</p> <p>Fresh Orange-1 100% Grape Juice-4 oz. Egg and Cheese on a Whole Grain Biscuit-1 Milk-8 oz.</p>	<p>20</p> <p>SCHOOL CLOSED</p>
<p>23</p> <p>Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Honey Scooters Cereal-1 Apple Breakfast Bar-1 Milk-8 oz.</p>	<p>24</p> <p>Fresh Apple-1 Eggo Mini Pancakes with Syrup-1 Bag Milk-8 oz.</p>	<p>25</p> <p>Fresh Pear-1 100% Orange/Tang/Juice W/G Strawberry Pop Tart-2 Milk-8 oz.</p>	<p>26</p> <p>Mixed Fruit Cup-1/2 c. 100% Grape Juice-4 oz. Chicken Sausage and Cheese Between 2 Maple Pancakes- Milk-8 oz.</p>	<p>27</p> <p>Fresh Granny Smith Apple W/G Cinnamon Roll-1 Milk-8 oz.</p>
<p>30</p> <p>Strawberry Applesauce Cup Orange/Tangerine Juice W/G Alphabets Cereal W/G Strawberry Waffle Grahams-2 Milk-8 oz.</p>	<p>31</p> <p>Fresh Apple-1 Turkey Ham, Egg, and Cheese on a W/G Croissant-1 Milk-8 oz.</p>			

Not only is breakfast the most important meal of the day, but it's also one of the keyways to maximize your daily energy and increase concentration throughout the whole day!

Breakfast: choice of 1% or fat-free milk; fruit available daily


All grains offered are whole grains rich

This institution is an equal opportunity provider

MARCH

LUNCH

2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken Parmigiana Sandwich on a Whole Wheat Bun-1 Green Beans-3/4 c. Fresh Apple-1 Milk-8 oz.</p>	<p>3 Swedish Beef Meatballs Roasted Potato Medley Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.</p>	<p>4 Turkey and Cheese on Whole Grain Bread-1 Fresh Baby Carrots with Dip-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.</p>	<p>5 All Beef Hamburger on a Whole Wheat Bun-1 Vegetarian Beans-3/4 c. Fresh Banana-1 Milk-8 oz.</p>	<p>6 PIZZA DAY 3x5 Pizza-2 Slices Romaine Salad w/ Dressing Raspberry/Lemonade Craisins Milk-8 oz.</p>
<p>9 Flame Broiled Beef Dipper w/ Teriyaki Sauce-3 oz. Green Beans-3/4 c. Fresh Apple-1 Whole Grain Bread Milk-8 oz.</p>	<p>10 Chicken Tacos with Shredded Cheddar Cheese- Black Beans-3/4 c. W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz.</p>	<p>11 All Beef Hot Dog on a on a Whole Wheat Bun-1 French Fries-3/4 c. Fresh Banana-1 Milk-8 oz.</p>	<p>12 Chicken and Waffles Carrot Sticks w/ Dip Strawberry Craisins Milk-8 oz.</p>	<p>13 Macaroni and Cheese-6 oz. Romaine Salad w/ Dressing Whole Grain Bread Fresh Clementine-1 Milk-8 oz.</p>
<p>16 Chicken Rings - 3.5 oz. Kidney Beans-3/4 c. Whole Grain Bread Strawberry Applesauce Cup Milk-8 oz.</p>	<p>17 Beef Salisbury Steak w/ Gravy Mashed Potatoes-3/4 c. Whole Wheat Dinner Roll Fresh Orange-1 Milk-8 oz.</p>	<p>18 Pasta Shells and Meatballs-6 oz. Green Beans-3/4 c. Cherry Craisins-1/2 c. Whole Wheat Dinner Roll Milk-8 oz.</p>	<p>19 Teriyaki Chicken Bites Diced Carrots-3/4 c. Whole Grain Bread Fresh Banana-1 Milk-8 oz.</p>	<p>20 SCHOOL CLOSED</p>
<p>23 W/G Chicken Nuggets Diced Carrots-3/4 c. Fresh Apple-1 Whole Wheat Dinner Roll Milk-8 oz.</p>	<p>24 Turkey Meatballs w Sauce on a Whole Wheat Hot Dog Bun-1 French Fries-3/4 c. Diced Pear Cup-1/2 c. Milk-8 oz.</p>	<p>25 All Beef Italian Sub on a Whole Wheat Sub Roll-1 (Beef Bologna,Salami,Cheese) Celery Sticks w/ Dip-3/4 c. Strawberry Applesauce Cup Milk-8 oz.</p>	<p>26 Chicken Tacos with Shredded Cheddar Cheese Red Kidney Beans-3/4 c. W/G 6" Flour Tortilla-2 Fresh Banana-1 Milk-8 oz.</p>	<p>27 Macaroni and Cheese-6 oz. Romaine Salad w/ Dressing- Whole Grain Bread Craisins-1/2 c. Milk-8 oz.</p>
<p>30 Grilled Chicken Fillet on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Fresh Apple-1 Milk-8 oz.</p>	<p>31 Beef Meatloaf w/ Ketchup Corn-3/4 c. Whole Grain Bread Fresh Orange-1 Milk-8 oz.</p>	 <p>Happy St. Patrick's Day</p>		

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