

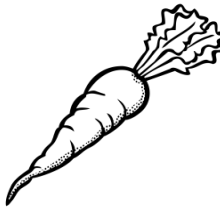



March 2019 District Breakfast Menu and Merrilan Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>www.jacksoninaction.org</p>	<p>March 4th - 8th National School BREAKFAST WEEK</p> <p>START YOUR ENGINES</p> <p>FOR: Increased CONCENTRATION Reduced STRESS and ANXIETY Higher GRADES More ALERT Better MEMORY</p>	 <p>BE SURE TO TAKE A PIT STOP WITH YOUR BREAKFAST CREW TO FILL UP AND RECHARGE FOR YOUR DAY!</p>	 <p>HARVEST OF THE MONTH CARROTS ARE A REGULAR ATTENDER AT OUR SCHOOL LUNCHES! A WONDERFUL SNACK ANYTIME. ENJOY!</p>	<p>1</p> <p><u>BREAKFAST</u> Green Eggs and Ham or Cereal and Toast</p> <p><u>LUNCH</u> Cheese Burger or Deli Sub Baked French Fries</p>
<p>4</p> <p><u>BREAKFAST</u> Cinnamon Roll or Cereal with Flavored Yogurt</p> <p><u>LUNCH</u> Loaded Potato Wedges or Uncrustable with Cheese Stick Bread and Butter</p>	<p>5</p> <p><u>BREAKFAST</u> Blueberry Muffin or Cereal</p> <p><u>LUNCH</u> Chicken Nuggets or Mini Corndogs Baked Beans</p>	<p>6</p> <p><u>BREAKFAST</u> Combo Bar or Cereal with Toast</p> <p><u>LUNCH</u> Texas BBQ Pork or Fish Patti on a bun Waffle Fries</p>	<p>7</p> <p><u>BREAKFAST</u> Cheese Omelet or Cereal with Toast</p> <p><u>LUNCH</u> Philly Cheese Stick or Loaded Turkey Sub Sunchips Side Kick Juice</p>	<p>8</p> <p><u>BREAKFAST</u> Powdered Sugar Donut Holes or Cereal with Cheese Stick</p> <p><u>LUNCH</u> Cheese Pizza or Meat and Cheese On a Bun Steamed Corn</p>
<p>11</p> <p><u>BREAKFAST</u> Scrambled Eggs or Cereal with Toast</p> <p><u>LUNCH</u> Sausage Patti or Cheese Omelet Pancakes Hashbrown Tri Tator</p>	<p>12</p> <p><u>BREAKFAST</u> Pancake on a Stick or Cereal with Toast</p> <p><u>LUNCH</u> Chicken Strips or Fish Sticks Sun Chips Steamed Broccoli</p>	<p>13</p> <p><u>BREAKFAST</u> Breakfast Bagel Pizza or Cereal</p> <p><u>LUNCH</u> Turkey Gravy or Glazed Chicken Leg Mashed Potatoes Dinner Roll and Butter</p>	<p>14</p> <p>NO SCHOOL</p> <p>HAPPY SAINT PATRICK'S DAY! MARCH 17TH, 2019</p>	<p>15</p> <p>NO SCHOOL</p> 

March 2019 District Breakfast Menu and Merrilan Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
18 <u>BREAKFAST</u> Sausage Gravy with a Biscuit or Cereal <u>LUNCH</u> Breaded Pork Patti or Breaded Chicken Patti on a Bun Baked Beans	19 <u>BREAKFAST</u> Pumpkin Bread or Cereal with a Cheese Stick <u>LUNCH</u> Ranch Chicken Wrap or Crunchy Hawaiian Wrap Doritos Side Kick Juice	20 <u>BREAKFAST</u> English Muffin or Cereal both with Sausage Patti <u>LUNCH</u> Italian Meatball Sub or Spicy Chicken on a Bun Seasoned Twister Fries	21 <u>BREAKFAST</u> French Toast Bites or Cereal with Flavored Yogurt <u>LUNCH</u> Taco Pizza or Crispito Tortilla Chips Black Bean Salsa	22 <u>BREAKFAST</u> Combo Bar or Cereal with Toast <u>LUNCH</u> Chicken Ala King on a Biscuit or Fish Patti on a Bun Glazed Carrots
25 <u>BREAKFAST</u> Cinnamon Roll or Cereal with Flavored Yogurt Cup <u>LUNCH</u> Ling's Oriental Chicken Seasoned Rice Stir Fry Veggies Fortune Cookie	26 <u>BREAKFAST</u> Banana Bread or Cereal <u>LUNCH</u> Spaghetti with Meat Sauce or Chicken Alfredo Penne Pasta Steamed Broccoli Garlic Bread Stick	27 <u>BREAKFAST</u> Combo Bar or Cereal with Toast <u>LUNCH</u> Texas BBQ Pork or Cheese Burger Baked Chips	28 <u>BREAKFAST</u> Fruit/Yogurt Parfait or Cereal w/Giant Goldfish Graham <u>LUNCH</u> Soft Shell Taco or Chicken Taco Meat Refried Beans Steamed Corn	29 <u>BREAKFAST</u> Toasted Bagel w/Cr Ch or Cereal w/ Ch Stick <u>LUNCH</u> Meatballs with Gravy or Fish Sticks Mashed Potatos Bread and Butter

An optional mid-morning Grab 'n Go breakfast is offered at the Jr/Sr High School and includes:

100% fruit juice

Fresh fruit and vegetable selections

Grains: cereal, pancakes, breakfast bar, muffin, or cinnamon roll

Protein such as yogurt or a cheese stick

All meals are served with 8 oz of milk: non-fat chocolate, 1% low fat, or non-fat white milk.

GARDEN BAR IS STILL INCLUDED WITH THE MEAL OPTIONS: MANY VARIETES OF FRESH FRUITS AND VEGETABLES TO SELECT FROM TO COMPLIMENT YOUR MEAL.

This institution is an equal opportunity provider.