

# Breakfast Menu

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1 <b>Chicken Sausage Breakfast Sandwich</b> <i>V: Cheese Sandwich</i> Fruit Milk
4 <b>Banana Bread</b> Fruit Milk	5 <b>Chicken &amp; Waffle Syrup</b> <b>V: Waffles</b> 100% Fruit Juice Fruit Milk	6 <b>Yogurt Granola</b> Apple Sauce Fruit Milk	7 <b>Apple Jacks Cereal</b> Whole Grain Bites Fruit Milk	8 <b>Bean &amp; Cheese Burrito</b> Hot Sauce Fruit Milk
11 <b>Pan Dulce</b> Fruit Milk	12 <b>Breakfast Cheese Tamale</b> 100% Fruit Juice Fruit Milk	13 <b>Mini Loaf &amp; String Cheese</b> Apple Sauce Fruit Milk	14 <b>Frosted Flakes Cereal</b> Whole Grain Bites Fruit Milk	15 <b>French Toast Sticks</b> Fruit Milk
18 <b>Blueberry Muffin</b> Fruit Milk	19 <b>Bean &amp; Cheese Burrito</b> Hot Sauce 100% Fruit Juice Fruit Milk	20 <b>Mango Bar</b> Apple Sauce Fruit Milk	21 <b>Fruit Loops</b> Whole Grain Bites Fruit Milk	22 <b>Homestyle Cheddar Biscuit</b> Honey Packet Fruit Milk
25 <b>Strawberry Bagelful</b> Fruit Milk	26 <b>Mini Confetti Pancakes</b> 100% Fruit Juice Fruit Milk	27 <b>Coffee Cake</b> Apple Sauce Fruit Milk	28 <b>Apple Jacks Cereal</b> Whole Grain Bites Fruit Milk	29 <b>Chicken Sausage Biscuit</b> <i>*V: Waffles*</i> Syrup Fruit Milk

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Breakfast includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.






This institution is an equal opportunity provider.



# Lunch Specials

March 2019



Tuesday March 5th	Friday March 15th	Tuesday March 19th	Monday March 25th	Friday March 29th
Spicy Chicken Patty Sandwich w/ Baked Fries	Fish Patty Burger w/ Roasted Potatoes	Chili Cheese Fries	Twisted Nacho Mac & Cheese	Protein Box
A spicy twist on our traditional breaded chicken patty burger! Served with a oven baked French fries.	Lightly breaded white fish patty burger with a slice of cheddar cheese, served with roasted rosemary potatoes.	Baked potato wedges loaded with our Homestyle turkey chili topped with nacho cheese sauce and sprinkled with shredded cheddar cheese.	Whole grain "twisted" gemelli pasta tossed in creamy cheese sauce with a hint of nacho cheese spices topped with melted cheddar cheese.	Cheddar cheese cubes, whole grain cheez-it crackers, apples slices, and baby carrots. A fun alternate lunch option kids with love!
				

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# Lunch Menu 9-12

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1  <b>Green Chicken Enchiladas</b> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
4  <b>Breaded Chicken Leg w/ Twisted Nacho Mac &amp; Cheese</b> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	5  <b>BBQ Western Burger</b> <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> Fruit Milk	6  <b>Turkey Chili Corn Muffin</b> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	7  <b>Beef Hot Dog</b> <i>Oven Baked Fries</i> <i>Side Salad</i> <i>Orange Wedges &amp; Fruit</i> Milk	8  <b>Spaghetti w/ Meat Sauce</b> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
11  <b>Chicken Alfredo Steamed Broccoli</b> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	12  <b>Chicken Patty Burger</b> <i>Oven Baked Fries</i> <i>Cucumber Slices w/ Tajin</i> Fruit Cup & Fruit Milk	13  <b>Beef &amp; Broccoli Not So Fried Rice</b> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	14  <b>Beef Nacho Potato Burrito</b> <i>Side Salad</i> <i>Premium Fruit Day &amp; Fruit</i> Milk	15  <b>Chicken Nuggets</b> <i>Cheesy Mashed Potatoes</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
18  <b>Chicken Teriyaki Chow Mein Noodles</b> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	19  <b>Corn Dog</b> <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> <i>Dried Fruit &amp; Fruit</i> Milk	20  <b>Chicken Tamale Mixed Vegetables</b> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	21  <b>Hamburger</b> <i>Pickles, Tomato, &amp; Lettuce Kit</i> Fruit Milk	22  <b>Baked Ziti w/ Meat Sauce</b> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk
25  <b>Chicken BRC Burrito</b> <i>Side Salad</i> 100% Fruit Juice & Fruit Milk	26  <b>Cheeseburger</b> <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> Fruit Cup & Fruit Milk	27  <b>Carnitas Nachos</b> <i>*Contains Pork*</i> <i>Tortilla Chips</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk	28  <b>Pancakes, Sausage &amp; Potato Tots</b> <i>Side Salad</i> <i>Apple Wedges &amp; Fruit</i> Milk	29  <b>Green Chicken Enchiladas</b> <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk

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# Lunch Vegetarian Menu 9-12



**March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1  <b>Green Cheese Enchiladas</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
4  <b>Plant-based Chicken Tenders w/ Twisted Nacho Mac &amp; Cheese</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	5  <b>BBQ Vegetarian Western Burger</b> <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> <i>Fruit</i> <i>Milk</i>	6  <b>Bean Chili Corn Muffin</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	7  <b>Plant-based Chicken Tenders</b> <i>Oven Baked Fries</i> <i>Side Salad</i> <i>Orange Wedges</i> <i>Milk</i>	8  <b>Cheesy Spaghetti w/ Marinara Sauce</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
11  <b>Penne Alfredo</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	12  <b>Plant-based Chicken Tenders</b> <i>Oven Baked Fries</i> <i>Cucumber Slices w/ Tajin</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	13  <b>Tofu &amp; Broccoli Not So Fried Rice</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	14  <b>Bean &amp; Cheese Burrito</b> <i>Side Salad</i> <i>Premium Fruit Day &amp; Fruit</i> <i>Milk</i>	15  <b>Plant-based Chicken Tenders</b> <i>Cheesy Mashed Potatoes</i> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
18  <b>Plant-based "Chicken" Teriyaki Chow Mein Noodles</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	19  <b>Plant-based Chicken Tenders</b> <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> <i>Dried Fruit &amp; Fruit</i> <i>Milk</i>	20  <b>Cheese Tamale Mixed Vegetables</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	21  <b>Vegetarian Burger</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	22  <b>Cheesy Baked Ziti</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
25  <b>Bean &amp; Cheese BRC Burrito</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	26  <b>Vegetarian Cheeseburger</b> <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	27  <b>Plant-Based "Beef", Bean &amp; Cheese Nachos</b> <i>Tortilla Chips</i> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	28  <b>Pancakes, Plant-based Chicken Tenders, &amp; Potato Tots</b> <i>Side Salad</i> <i>Apple Wedges &amp; Fruit</i> <i>Milk</i>	29  <b>Green Cheese Enchiladas</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>

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# Sandwich Menu 9-12



**March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1  <b>Ham &amp; Cheese Sandwich</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
4  <b>Turkey Ham &amp; Cheese Sandwich</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	5  <b>Deli Chicken &amp; Cheese Sandwich</b> <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	6  <b>Build Your Own Tuna Sandwich</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	7  <b>Club Sandwich</b> <i>*Contains Pork*</i> <i>Side Salad</i> <i>Orange Wedges &amp; Fruit</i> <i>Milk</i>	8  <b>Wowbutter Sandwich</b> <i>Baby Carrots</i> <i>Fruitable Juice</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
11  <b>Turkey Pastrami &amp; Cheese Sandwich</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	12  <b>Ham &amp; Cheese Sandwich</b> <i>Oven Baked Fries</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	13  <b>Turkey &amp; Cheese Sandwich</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	14  <b>Roast Beef Sandwich</b> <i>Side Salad</i> <i>Premium Fruit Day &amp; Fruit</i> <i>Milk</i>	15  <b>Build Your Own Tuna Sandwich</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>
18  <b>Turkey &amp; Cheese Sandwich</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	19  <b>Deli Chicken &amp; Cheese Sandwich</b> <i>Oven Baked Fries</i> <i>Dried Fruit &amp; Fruit</i> <i>Milk</i>	20  <b>Turkey Ham &amp; Cheese Sandwich</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	21  <b>Club Sandwich</b> <i>*Contains Pork*</i> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	22  <b>Wowbutter Sandwich</b> <i>Baby Carrots</i> <i>Fruitable Juice</i> <i>Fruit</i> <i>Milk</i>
25  <b>Turkey Pastrami &amp; Cheese Sandwich</b> <i>Side Salad</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	26  <b>Ham &amp; Cheese Sandwich</b> <i>Oven Baked Fries</i> <i>Fruit Cup &amp; Fruit</i> <i>Milk</i>	27  <b>Roast Beef Sandwich</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>	28  <b>Wowbutter Sandwich</b> <i>Side Salad</i> <i>Apple Wedges</i> <i>Milk</i>	29  <b>Build Your Own Tuna Sandwich</b> <i>Baby Carrots</i> <i>100% Fruit Juice &amp; Fruit</i> <i>Milk</i>

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# Entrée Salad Menu 9-12

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Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
4 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	5 Southwest Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries Fruit Milk	6 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk	7 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Orange Wedges & Fruit Milk	8 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
11 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	12 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots Fruit Cup Milk	13 Cobb Salad <i>*Contains Pork*</i> Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk	14 Chicken Taco Salad Popped Corn Chips Ranch Dressing Side Salad Premium Fruit Day & Fruit Milk	15 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
18 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	19 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots Dried Fruit Milk	20 Buffalo Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	21 Chicken Taco Salad Popped Corn Chips Ranch Dressing Side Salad Fruit Milk	22 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
25 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	26 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots Fruit Cup Milk	27 Cobb Salad <i>*Contains Pork*</i> Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk	28 Southwest Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	29 Buffalo Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk

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# Fieldtrip 9-12 Menu

**March 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk		
4	5	6	7	8
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk		
11	12	13	14	15
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk		
18	19	20	21	22
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk		
25	26	27	28	29
		Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk		

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# Supper Menu

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1  Spaghetti & Meat Sauce (2 M/MA, 1 G/B) Pear (1/2 c)
4  Teriyaki Chicken (2 M/MA) WG Not So Fried Rice (1 G/B, 1/2 c veg) Apple Sauce (1/2 c)	5  Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) WG Cheez-its(1 G/B) Apple Slices (1/2 c)	6  WG Penne Alfredo Pasta (2 M/MA, 1 G/B) Steamed Broccoli (1/2 c veg) Orange (1/2 c)	7  WG BBQ Pork Patty on Hoagie Roll (2 M/MA, 2 G/B) Fruitable Juice (1/2 c) Apple (1/2 c)	8  WG Chicken BRC Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots (1/2 c veg) Pear (1/2 c)
11  Turkey Nachos (2 M/MA, 1/2 c veg) WG Tortilla Chips (2 G/B) Apple Sauce (1/2 c)	12  WG Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Pear (1/2 c)	13  WG Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) Apple Slices (1/2 c)	14  WG BBQ Western Burger (2G/B, 2 M/MA) Oven Baked Fries (1/2 c veg) 100% Fruit Juice (1/2 c)	15  WG Red Chicken Enchiladas (2 M/MA, 2 G/B, 1/4 c veg) Baby Carrots (1/4 c veg) Orange (1/2 c)
18  Breakfast for Dinner: WG French Toast Sticks (1 G/B) Potato Tots (1/2 c) <b>*Pork*</b> Sausage Patties (2 M/MA) Apple Sauce (1/2 c)	19  WG Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Pear (1/2 c)	20  WG Chicken Nuggets (2 M/MA, 1 G/B) Mashed Potatoes (1/2 c veg) Apple Slices (1/2 c)	21  WG Beef Nacho Potato Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots (1/2 c veg) 100% Fruit Juice (1/2 c)	22  WG Cheeseburger (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Orange (1/2 c)
25  WG Baked Ziti w/ Meat Sauce (2 G/B, 2 M/MA, 1/2 c veg) Apple Sauce (1/2 c)	26  Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Apple Slices (1/2 c)	27  WG Hot Dog (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Pear (1/2 c)	28  Beef & Broccoli (2M/MA, 1/2 c veg) WG Not So Fried Rice (1 G/B) 100% Fruit Juice (1/2 c)	29  WG Twisted Nacho Mac & Cheese (2 M/MA, 2 G/B, 1/2 c veg) Orange (1/2 c)

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Supper includes: 2 oz Meat/Meat Alternative, 1/2 Cup Vegetable  
1/2 Cup Fruit, 1 Cup Milk (flavored fat-free or unflavored low-fat)  
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# Snack Menu NSLP



**March 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	1  Cheese Puffs 100% Fruit Juice (6 oz)
4  Cheez-its 100% Fruit Juice (6 oz)	5  Mini Blueberry Muffin Fruit (3/4c)	6  Baked Chips 100% Fruit Juice (6 oz)	7  Rice Krispies Treats Fruit (3/4 c)	8  Pretzels 100% Fruit Juice (6 oz)
11  Cheese Puffs 100% Fruit Juice (6 oz)	12  Graham Crackers Fruit (3/4 c)	13  Chex Mix 100% Fruit Juice (6 oz)	14  Multi-Grain Bar Fruit (3/4c)	15  Strawberry Delight 100% Fruit Juice (6oz)
18  Baked Chips 100% Fruit Juice (6 oz)	19  Apple Pocket Fruit (3/4c)	20  Cereal Pouch 100% Fruit Juice (6 oz)	21  Mini Banana Loaf Fruit (3/4c)	22  Whole Grain Pop-Tart 100% Fruit Juice (6oz)
25  Cheez-its 100% Fruit Juice (6 oz)	26  Mini Blueberry Muffin Fruit (3/4c)	27  Baked Chips 100% fruit Juice (6 oz)	28  Rice Krispies Treats Fruit (3/4 c)	29  Pretzels 100% Fruit Juice (6 oz)

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Snack includes 2 items: grain, fruit, protein or milk.

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