

March 2019

BREAKFAST AND LUNCH

<p>All meals come with choice of milk</p>				<p>1 Breakfast cereal Fresh fruit</p> <p>Pepperoni pizza Tossed salad Seasoned green beans Fruit</p>
<p>4 Velvet breakfast bar Fresh fruit</p> <p>French bread pizza or Chicken nuggets/whole grain bread Carrot sticks w/ ranch dressing Seasoned green beans Fruit</p>	<p>5 Breakfast wrap Fruit juice</p> <p>Fish & cheese on whole grain roll Oven fries and broccoli or Pasta & meat sauce/whl grain bread Steamed broccoli Fruit</p>	<p>6 Breakfast waffle Fruit juice</p> <p>Cheeseburger/whole grain roll or Hot dog/whole grain roll Oven fries Baked beans Fruit</p>	<p>7 Turkey sausage biscuit Fruit cup /or fruit juice</p> <p>Cold cut/whole grain roll or Fish wrap/whole grain Lettuce and tomato Cole slaw Fruit</p>	<p>8 Breakfast cereal Fresh fruit</p> <p>Cheese pizza Steamed corn Carrot sticks w/ ranch dressing Fruit</p>
<p>11 Breakfast bar Fruit juice</p> <p>Cheeseburger/whole grain roll Hot dog /whole grain roll Baled beans Carrot sticks/ranch dressing Fruit</p>	<p>12 Turkey sausage Tac-Go Fruit cup/or juice</p> <p>Fish sticks /whole grain bread Oven fries & toss salad or Beef chili w/beans /corn bread Cole slaw Fruit</p>	<p>13 French toast Fruit juice</p> <p>Shrimp poppers/whole grain bread or Sloppy joe/whole grain roll Sweet potato waffles Seasoned greens Fruit</p>	<p>14 Cinnamon toast sticks Fruit cup/or juice</p> <p>Dutch waffle Turkey sausage Potato patty Fruit</p>	<p>15</p> <p>SCHOOLS CLOSED</p>
<p>18 Velvet breakfast bar Fresh fruit</p> <p>Chicken nuggets/whole grain bread or Turkey ham and cheese/whole grain roll Oven fries Steamed corn on the cob Fruit</p>	<p>19 Breakfast wrap Fruit juice</p> <p>Fish hoagie/whole grain roll/w Sweet potato fries or Gen. Tso chicken over rice Steamed broccoli Fruit</p>	<p>20 Breakfast waffle Fruit juice</p> <p>Chicken patty/whole grain roll Oven fries or Glazed meatloaf w/whole grain bread Oven fries and Seasoned greens Fruit</p>	<p>21 Turkey sausage biscuit Fruit cup /or fruit juice</p> <p>Spaghetti w/Italian meat sauce or French bread pizza Tossed salad Seasoned green beans Fruit</p>	<p>22 Breakfast cereal Fresh fruit</p> <p>Cheese pizza Steamed corn Carrot sticks w/ ranch dressing Fruit</p>
<p>25 Breakfast bar Fruit juice</p> <p>Chicken strips sauce/whole grain bread or Fish nuggets/whole grain bread Sweet potato waffles Seasoned greens Fruit</p>	<p>26 Turkey sausage Tac-Go Fruit cup/or juice</p> <p>Sloppy joe/whole grain roll or Shrimp poppers/whole grain bread Oven fries Steamed corn Fruit</p>	<p>27 French toast Fruit juice</p> <p>Hot dog/whole grain roll Tator tots w/ carrots & peas or Cherry blossom chicken over noodles Carrots & peas Fruit</p>	<p>28 Cinnamon toast sticks Fruit cup/or juice</p> <p>Italian cold cut/whole grain roll or Popcorn chicken/whole grain bread Lettuce and tomato Cole slaw Fruit</p>	<p>29 Breakfast cereal Fresh fruit</p> <p>Pepperoni pizza Tossed salad Seasoned green beans Fruit</p>