

Eagle Academy PCS
Breakfast March OSSE Menu - K-3

For Staff Use

Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	Friday 3/1/2019
Assorted Variety of Cereal (1 each)	Homemade French Toast (3 oz)	Oatmeal (4 oz)	Broccoli & Cheese Egg Bake (2 oz)	Whole Grain Blueberry Muffin (1 oz/1 each)
Yogurt (4 oz/ 1 each)		with Dried Cranberries & Raisins (.125 C)	Whole Wheat Roll (1 each)	Low Fat Cheese Stick (1 each)
Fresh Pear (1 C/1 large)	Fresh Apple (1 C/1 large)	Fresh Banana (1 C/1 each)	Fresh Orange Wedges (1 C/1 each)	Fresh Honeydew Wedge (1 C/2 wedges)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)

National School Breakfast Week				
Monday 3/4/2019	Dr. Seuss Day Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Whole Grain Grits (4 oz)	Green Eggs & Ham (2.5 oz)	Potato and Cheese Frittata (2 oz)	Toasted Oatmeal (4 oz)	Professional Development Day
Whole Wheat Roll (1 oz/1 each)	Whole Grain Biscuit (1 oz/1 small)	Whole Grain Flatbread (2 oz/ 1 whole)	with Dried Cranberries & Raisins (.125 C)	
Turkey Sausage Patty (.75 oz/1 each)				
Fresh Pear (1 C/1 large)	Fresh Apple (1 C/1 large)	Fresh Banana (1 C/1 each)	Fresh Orange Wedges (1 C/1 each)	No School
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	

Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
Assorted Variety of Cereal (1 each)	Scrambled Eggs with Cheese (1.5 oz egg, .5 oz cheese) on a	Oatmeal (4 oz)	Turkey Sausage Strata (3.4 oz)	Whole Grain Apple Muffin (1 oz/1 each)
Yogurt (4 oz/ 1 each)	Whole Grain Flatbread (2 oz/ 1 whole split in half)	with Dried Cranberries & Raisins (.125 C)		Low Fat Cheese Stick (1 each)
Fresh Pear (1 C/1 large)	Fresh Apple (1 C/1 large)	Fresh Banana (1 C/1 each)	Fresh Orange Wedges (1 C/1 each)	Fresh Honeydew Wedge (1 C/2 wedges)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)

*All breakfast menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-5, 6-8 9-12: 5 C fruit, minimum of 9 oz eq grains, calorie ranges of 450-500 per day and average sodium content of <540 mg

Eagle Academy PCS
Breakfast March OSSE Menu - K-3

For Staff Use

Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Whole Grain Zucchini Bread (1 each)	Chiliquillas (2 oz)	Assorted Variety of Cereal (1 each)	Scrambled Eggs with Cheese (1.5 oz egg, .5 oz cheese) on a	Whole Wheat Bagel (2 oz/1 each)
	with a Whole Wheat Tortilla (1 oz/ half tortilla)	Yogurt (4 oz/ 1 each)	Whole Grain Biscuit (1 oz/1 small)	
Fresh Pear (1 C/1 large)	Fresh Apple (1 C/1 large)	Fresh Banana (1 C/1 each)	Fresh Orange Wedges (1 C/1 each)	Fresh Honeydew Wedge (1 C/2 wedges)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)
				Cream Cheese (1 each)

International Day				
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Homemade French Toast (3 oz)	Whole Grain Grits (4 oz)	Broccoli & Cheese Egg Bake (2 oz)	Oatmeal (4 oz)	Whole Grain Blueberry Muffin (1 oz/1 each)
	Turkey Sausage Patty (.75 oz/1 each)	Whole Wheat Roll (1 oz/1 each)	with Dried Cranberries & Raisins (.125 C)	Low Fat Cheese Stick (1 each)
Fresh Pear (1 C/1 large)	Fresh Apple (1 C/1 large)	Fresh Banana (1 C/1 each)	Fresh Orange Wedges (1 C/1 each)	Fresh Honeydew Wedge (1 C/2 wedges)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)

*All breakfast menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-5, 6-8 9-12: 5 C fruit, minimum of 9 oz eq grains, calorie ranges of 450-500 per day and average sodium content of <540 mg

Eagle Academy PCS
Breakfast March OSSE Menu - PreK

For Staff Use

Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	Friday 3/1/2019
Assorted Variety of Cereal (1 oz/1 each)	Homemade French Toast (3 oz)	Oatmeal (2 oz)	Broccoli & Cheese Egg Bake (2 oz)	Whole Grain Blueberry Muffin (1 oz/1 each)
		with Dried Cranberries & Raisins (.125 C)		
Fresh Pear (.5 C/1 small)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)	Fresh Honeydew Wedge (.5 C/1 wedge)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)

National School Breakfast Week				
Monday 3/4/2019	Dr. Seuss Day Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Whole Grain Grits (4 oz)	Green Eggs & Ham (2.5 oz)	Potato and Cheese Frittata (2 oz)	Toasted Oatmeal (2 oz)	Professional Development Day
Whole Wheat Roll (1 oz/1 each)	Whole Grain Biscuit (1 oz/1 small)	Whole Grain Flatbread (1 oz/ half flatbread)	with Dried Cranberries & Raisins (.125 C)	
Turkey Sausage Patty (.75 oz/1 each)				
Fresh Pear (.5 C/1 small)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)	No School
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	

Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
Assorted Variety of Cereal (1 oz/1 each)	Scrambled Eggs with Cheese (1.5 oz egg, .5 oz cheese) on a	Oatmeal (2 oz)	Turkey Sausage Strata (3.4 oz)	Whole Grain Apple Muffin (1 oz/ 1 each)
	Whole Grain Flatbread (1 oz/ half flatbread)	with Dried Cranberries & Raisins (.125 C)		
Fresh Pear (.5 C/1 small)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)	Fresh Honeydew Wedge (.5 C/1 wedge)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)

*All breakfast menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-5, 6-8 9-12: 5 C fruit, minimum of 9 oz eq grains, calorie ranges of 450-500 per day and average sodium content of <540 mg

Eagle Academy PCS
Breakfast March OSSE Menu - PreK

For Staff Use

Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Whole Grain Zucchini Bread (2 oz/1 each)	Chiliquillas (2 oz)	Assorted Variety of Cereal (1 oz/1 each)	Scrambled Eggs with Cheese (1.5 oz egg, .5 oz cheese) on a	Whole Wheat Bagel (2 oz/1 whole)
	with a Whole Wheat Tortilla (1 oz/ half tortilla)		Whole Grain Biscuit (1 oz/1 small)	
Fresh Pear (.5 C/1 small)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)	Fresh Honeydew Wedge (.5 C/1 wedge)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)
				Cream Cheese (1 each)

International Day				
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Homemade French Toast (3 oz)	Whole Grain Grits (4 oz)	Broccoli & Cheese Egg Bake (2 oz)	Oatmeal (2 oz)	Whole Grain Blueberry Muffin (1 oz/1 each)
	Turkey Sausage Patty (1 each)		with Dried Cranberries & Raisins (.125 C)	
Fresh Pear (.5 C/1 small)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)	Fresh Honeydew Wedge (.5 C/1 wedge)
Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)	Skim or 1% Milk (1 each)

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Eagle Academy PCS
Lunch March OSSE Menu - K-3

For Staff Use

Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	Friday 3/1/2019
Cheese Pizza (1 slice each) on Whole Grain Crust (2 oz)	Baked Chicken and Marinara Sauce (2 oz) over Whole Wheat Pasta (4 oz), Whole Wheat Roll (1 oz)	Turkey and Cheese Sandwich (3 slices turkey, 1 slice cheese) on a Whole Wheat Bun (2 oz)	Curried Chicken (2 oz) Brown Rice (4 oz)	Chicken Caesar Salad (2 oz) Whole Grain Flatbread (2 oz/1 each)
Diced Tomatoes (.5 C/4 oz)	Steamed Broccoli (.5 C/4 oz)	Roasted Yukon Gold Potatoes (.5 C/4 oz)	Roasted Chickpeas (.5 C/4 oz)	Mixed Greens (1 C/8 oz)
Mixed Greens Salad (.5 C/4 oz)	Sauteed Zucchini & Peas (.25 C/2 oz)	Sauteed Green Beans (.25 C/2 oz)	Steamed Cauliflower (.25 C/2 oz)	Diced Tomatoes (.25 C/2 oz)
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Fresh Apple (.5 C/1 each)	Fresh Banana (.5 C/1 each)	Fresh Orange Wedges (.5 C/3 wedges)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Italian Dressing (.5 oz)				Caesar Dressing (.5 oz)

Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Cheesy Baked Italian Pasta (2 oz) with Whole Wheat Rotini (4 oz)	Chicken Tacos with Shredded Cheese (1.5 oz chicken, .5 oz cheese) in a Whole Wheat Tortilla (2 oz/2 each)	Cuban Style Picadillo Beef (2 oz) Whole Grain Yellow Rice (6 oz)	BBQ Chicken (2 oz) Whole Grain Polenta (4 oz), Whole Wheat Roll (1 oz/1 each)	Professional Development Day
Sauteed Green Beans (.5 C/4 oz)	Chili Black Beans (.5 C/4 oz)	Garlic Cassava (.5 C/4 oz)	Roasted Butternut Squash (.5 C/4 oz)	No School
Chilled Broccoli Salad (.25 C/2 oz)	Diced Tomatoes (.25 C/2 oz)	Spicy Kale Salad (.5 C/4 oz)	Braised Collard Greens (.25 C/2 oz)	
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Fresh Apple (.5 C/1 each)	Fresh Banana (.5 C/1 each)	
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	
	Taco Sauce & Salsa (1 oz)			

*Lunch menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-8: 2.5 C fruit, 3.75 C vegetables with subgroups, min of 8 oz eq grains 9 oz eq protein, 600-650 calories per day, sodium <1230 mg

Eagle Academy PCS
Lunch March OSSE Menu - K-3

For Staff Use

Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
Cheese Pizza (1 slice each) on Whole Grain Crust (2 oz)	Beef & Cheese Tacos (1.5 oz beef, .5 oz cheese) on two Hard Shell Tacos (2 oz)	Cajun Chicken (2 oz) Creole Louisiana Brown Rice (4 oz)	Oven Roasted Turkey (3 oz) Whole Grain Biscuit (2 oz/1 large)	Fish Sticks (4 each) Whole Wheat Roll (1 oz/1 each)
Carrot Sticks (.5 C/ 4 oz)	Steamed Corn (.5 C/4 oz)	Steamed Broccoli (.5 C/4 oz)	Mashed Sweet Potatoes (.5 C/4 oz)	Braised Cabbage (.5 C/4 oz)
Mixed Green Salad (.5 C/4 oz)	Pinto Beans (.25 C/2 oz)	Red Beans (.25 C/2 oz)	Roasted Brussel Sprouts (.25 C/2 oz)	Steamed Sweet Peas (.25 C/2 oz)
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Fresh Apple (.5 C/1 each)	Fresh Banana (.5 C/1 each)	Fresh Orange Wedges (.5 C/3 wedges)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Italian Dressing (.5 oz)	Taco Sauce & Salsa (1 oz)		Gravy (1 oz)	Tarter or Hot Sauce (1 each)

Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Baked Mac and Cheese (2 oz) with Whole Wheat Macaroni (4 oz)	Chicken Fajitas (2 oz) in a Whole Wheat Tortilla (2 oz/1 whole), Spanish Rice (4 oz)	Oven Roasted Meatloaf (3 oz) Whole Grain Biscuit (2 oz/1 large)	Cantonese Roast Chicken (2 oz) Fried Brown Rice (4 oz)	All Beef Cheeseburger (1 burger, 1 slice cheese) on a Whole Wheat Bun (2 oz)
Stewed Lentils (.5 C/4 oz)	Sweet Plantains (.5 C/4 oz)	Sauteed Collard Greens (.5 C/4 oz)	Steamed Ginger Carrots (.5 C/4 oz)	Baked Beans (.5 C/4 oz)
Mixed Green Salad (.5 C/4 oz)	Sauteed Onions & Peppers (.25 C/2 oz)	Mashed Potatoes (.25 C/2 oz)	Sauteed Broccoli (.25 C/2 oz)	Sliced Seasoned Tomatoes (.25 C/2 oz)
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Fresh Apple (.5 C/1 each)	Fresh Banana (.5 C/1 each)	Fresh Orange Wedges (.5 C/3 wedges)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Ranch Dressing (.5 oz)	Taco Sauce & Salsa (1 each)	Gravy (1 oz)		Ketchup & Mustard (1 each)

*Lunch menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-8: 2.5 C fruit, 3.75 C vegetables with subgroups, min of 8 oz eq grains 9 oz eq protein, 600-650 calories per day, sodium <1230 mg

Eagle Academy PCS
Lunch March OSSE Menu - K-3

For Staff Use

International Day				
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Cheesy Baked Italian Pasta (2 oz)	Beef & Cheese Tacos (1.5 oz beef, .5 oz cheese)	Curried Chicken (2 oz)	Turkey and Cheese Sandwich (3 slices turkey, 1 slice cheese)	Chicken Caesar Salad (2 oz)
with Whole Wheat Rotini (4 oz)	in a Whole Wheat Tortilla (2 oz/2 small)	Brown Rice (4 oz)	on a Whole Wheat Bun (2 oz)	Whole Grain Flatbread (2 oz/1 each)
Sauteed Zucchini and Onions (.5 C/4 oz)	Chili Black Beans (.5 C/4 oz)	Steamed Cauliflower (.5 C/4 oz)	Roasted Yukon Gold Potatoes (.5 C/4 oz)	Mixed Greens (1 C/8 oz)
Mixed Greens (.5 C/4 oz)	Diced Tomatoes (.25 C/2 oz)	Roasted Chickpeas (.25 C/2 oz)	Steamed Carrots (.25 C/2 oz)	Diced Tomatoes (.25 C/2 oz)
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Fresh Apple (.5 C/1 each)	Fresh Banana (.5 C/1 each)	Fresh Orange Wedges (.5 C/3 wedges)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Italian Dressing (.5 oz)	Taco Sauce & Salsa (1 oz)			Caesar Dressing (.5 oz)

*Lunch menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-8: 2.5 C fruit, 3.75 C vegetables with subgroups, min of 8 oz eq grains 9 oz eq protein, 600-650 calories per day, sodium <1230 mg

Eagle Academy PCS
Vegetarian Lunch March OSSE Menu - K-3

For Staff Use

Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	Friday 3/1/2019
Cheese Pizza (1 slice each)	Baked Tofu and Marinara Sauce (4 oz)	Grilled Cheese Sandwich (2 oz/4 slices of cheese)	Curried Chickpeas (4 oz)	Caesar Salad w/ Mozzarella Cheese (4 oz)
on Whole Grain Crust (2 oz)	over Whole Wheat Pasta (4 oz), Whole Wheat Roll (1 oz/1 each)	on Whole Wheat Bread (2 oz)	Brown Rice (4 oz)	Whole Grain Flatbread (2 oz/1 each)

Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 2/8/2019
Cheesy Baked Italian Pasta (2 oz)	Bean & Cheese Tacos (3 oz bean, .5 oz cheese)	Cuban Style Picadillo Tofu (4 oz)	BBQ Tofu (4 oz)	No School
with Whole Wheat Rotini (4 oz)	in a Whole Wheat Tortilla (2 oz/1 each)	Whole Grain Yellow Rice (6 oz)	Whole Grain Polenta (4 oz), Whole Wheat Roll (1 oz/1 each)	

Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
Cheese Pizza (1 slice each)	Bean & Cheese Tacos (3 oz bean, .5 oz cheese)	Cajun Tofu Bites (4 oz)	Stewed Lentils (4 oz)	Veggie Burger with Cheese (1 veggie buger, 1 slice cheese)
on Whole Grain Crust (2 oz)	on Hard Shells (2 oz)	Creole Louisiana Brown Rice (4 oz)	Whole Grain Biscuit (2 oz/1 large)	on a Whole Wheat Bun (2 oz)

Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Baked Mac and Cheese (2 oz)	Veggie and Bean Fajitas (4 oz beans, 1 oz veggie)	Stewed Lentils (4 oz)	Cantonese Roast Chickpeas (4 oz)	Veggie Burger with Cheese (1 veggie buger, 1 slice cheese)
with Whole Wheat Macaroni (4 oz)	in a Whole Wheat Tortilla (1 each), Spanish Rice (4 oz)	Whole Grain Biscuit (2 oz/1 large)	Fried Brown Rice (4 oz)	on a Whole Wheat Bun (2 oz)

Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Cheesy Baked Italian Pasta (2 oz)	Bean & Cheese Tacos (3 oz bean, .5 oz cheese)	Curried Chickpeas (4 oz)	Grilled Cheese Sandwich (2 oz/4 slices of cheese)	Caesar Salad w/ Mozzarella Cheese (4 oz)
with Whole Wheat Rotini (4 oz)	in a Whole Wheat Tortilla (2 oz)	Brown Rice (4 oz)	on Whole Wheat Bread (2 oz)	Whole Grain Flatbread (2 oz/1 each)

*Lunch menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-8: 2.5 C fruit, 3.75 C vegetables with subgroups, min of 8 oz eq grains 9 oz eq protein, 600-650 calories per day, sodium <1230 mg

Eagle Academy PCS
Lunch March OSSE Menu - PreK

For Staff Use

Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	Friday 3/1/2019
Cheese Pizza (2 oz)	Baked Chicken and Marinara Sauce (1.5 oz)	Turkey and Cheese Sandwich (3 slices turkey, 1 slice cheese)	Curried Chicken (1.5 oz)	Chicken Caesar Salad (1.5 oz)
on Whole Grain Crust (2 oz)	over Whole Wheat Pasta (4 oz)	on a Whole Wheat Bun (2 oz)	Brown Rice (2 oz)	Whole Grain Flatbread (1 oz/half flatbread)
Mixed Greens Salad (.5 C/4 oz)	Sauteed Zucchini & Peas (.25 C/2 oz)	Roasted Yukon Gold Potatoes (.25 C/2 oz)	Steamed Cauliflower (.25 C/2 oz)	Mixed Greens (.5 C/4 oz)
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Italian Dressing (.5 oz)				Caesar Dressing (.5 oz)

Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Cheesy Baked Italian Pasta (2 oz)	Chicken Tacos with Shredded Cheese (1 oz chicken, .5 oz cheese)	Cuban Style Picadillo Beef (1.5 oz)	BBQ Chicken (1.5 oz)	Professional Development Day
with Whole Wheat Rotini (4 oz)	in a Whole Wheat Tortilla (2 oz)	Whole Grain Yellow Rice (2 oz)	Whole Wheat Roll (1 oz/1 each)	
Sauteed Green Beans (.25 C/2 oz)	Chili Black Beans (.25 C/2 oz)	Garlic Cassava (.25 C/2 oz)	Braised Collard Greens (.25 C/2 oz)	No School
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	
	Taco Sauce & Salsa (1 oz)			

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Eagle Academy PCS
Lunch March OSSE Menu - PreK

For Staff Use

Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
Cheese Pizza (2 oz)	Beef & Cheese Tacos (1 oz beef, .5 oz cheese)	Cajun Chicken (1.5 oz)	Oven Roasted Turkey (2 oz)	Fish Sticks (4 each)
on Whole Grain Crust (2 oz)	on two Hard Shell Tacos (2 oz)	Creole Louisiana Brown Rice (2 oz)	Whole Grain Biscuit (1 oz/1 small)	
Carrot Sticks (.25 C/2 oz)	Steamed Corn (1 oz)	Steamed Broccoli (.25 C/2 oz)	Mashed Sweet Potatoes (.25 C/2 oz)	Steamed Sweet Peas (.25 C/2 oz)
	Pinto Beans (1 oz)			
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
	Taco Sauce & Salsa (1 each)		Gravy (1 oz)	Tarter Sauce (1 each)

Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Baked Mac and Cheese (2 oz)	Chicken Fajitas (1.5 oz)	Oven Roasted Meatloaf (2 oz)	Cantonese Roast Chicken (1.5 oz)	All Beef Cheeseburger (1 burger, 1 slice cheese)
with Whole Wheat Macaroni (4 oz)	in a Whole Wheat Tortilla (2 oz/1 each)	Whole Grain Biscuit (1 oz/1 small)	Fried Brown Rice (2 oz)	on a Whole Wheat Bun (2 oz)
Mixed Green Salad (.5 C/4 oz)	Sweet Plantains (1 oz)	Mashed Potatoes (.25 C/2 oz)	Sauteed Broccoli (.25 C/2 oz)	Baked Beans (.25 C/2 oz)
	Sauteed Onions & Peppers (1 oz)			
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Ranch Dressing (.5 oz)	Taco Sauce & Salsa (1 each)	Gravy (1 oz)		Ketchup & Mustard (1 each)

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International Day				
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Cheesy Baked Italian Pasta (2 oz)	Beef & Cheese Tacos (1 oz beef, .5 oz cheese)	Curried Chicken (1.5 oz)	Turkey and Cheese Sandwich (3 slices turkey, 1 slice cheese)	Chicken Caesar Salad (1.5 oz)
with Whole Wheat Rotini (4 oz)	in a Whole Wheat Tortilla (2 oz)	Brown Rice (2 oz)	on a Whole Wheat Bun (2 oz)	Whole Grain Flatbread (1 oz/half flatbread)
Mixed Greens Salad (.5 C/4 oz)	Chili Black Beans (.25 C/2 oz)	Steamed Cauliflower (.25 C/2 oz)	Roasted Yukon Gold Potatoes (.25 C/2 oz)	Mixed Greens (.5 C/4 oz)
Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Sliced Apples (.5 C)	Fresh Banana (.5 C/1 each)	Fresh Tangerine (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Italian Dressing (.5 oz)	Taco Sauce & Salsa (1 each)			Caesar Dressing (.5 oz)

*Lunch menu days meet the USDA's Final Rule Meal Pattern for 2017-2018 SY for Grades K-8: 2.5 C fruit, 3.75 C vegetables with subgroups, min of 8 oz eq grains 9 oz eq protein, 600-650 calories per day, sodium <1230 mg

Eagle Academy PCS
Supper March OSSE Menu - PreK-3

For Staff Use

Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	Friday 3/1/2019
Chicken Nuggets (5 each)	Tuna Salad (3 oz)	Jerk Chicken (2 oz)	Baked Chicken Alfredo (2 oz)	Navy Bean Dip (4 oz)
Whole Wheat Roll (1 oz/1 each)	on a Whole Wheat Bun (2 oz)	Brown Rice (4 oz)	over Whole Wheat Rotini (4 oz)	Whole Grain Flatbread (2 oz)
Braised Collard Greens (.5 C/4 oz)	Mixed Greens Salad (1 C/8 oz)	Sweet Plantains (.5 C/4 oz)	Fire Roasted Tomatoes (.5 C/4 oz)	Zucchini Sticks (.5 C/4 oz)
Apple Juice (4 oz)	Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Applesauce (.5 C/1 each)	Fresh Banana (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Ketchup (1 each)	Italian Dressing (1 oz)			

Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Veggie Burger with Cheese (1 veggie burger, 1 slice cheese)	Tuna Salad (3 oz)	Lemon Pepper Chicken (2 oz)	Turkey Ham & Cheese (3 slices turkey ham, 1 slice cheese)	Professional Development Day
on a Whole Wheat Bun (2 oz)	Whole Wheat Crackers (3 packs)	Farro Pilaf (4 oz)	on a Whole Wheat Bun (2 oz)	
Glazed Carrots (.5 C/4 oz)	Sliced Cucumbers (.5 C/4 oz)	Steamed Corn (.5 C/4 oz)	Three Bean Salad (.5 C/4 oz)	No School
Apple Juice (4 oz)	Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Applesauce (.5 C/1 each)	
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	
Ketchup & Mustard	Ranch Dressing (1 oz)			

*Supper menu days meet the CACFP Child Meal Pattern for 2017-2018 for ages 6-12 13-18: 0.5 C fruit, 0.5 C vegetables, 1 oz eq grains, 2 oz eq protein, 8 oz milk

Eagle Academy PCS
Supper March OSSE Menu - PreK-3

For Staff Use

Monday 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
Chicken Salad (3 oz)	Macaroni and Cheese (3 oz)	Roasted Chicken Drumstick (2 oz)	Salisbury Steak (2 oz)	Teriyaki Chicken (2 oz)
Whole Wheat Crackers (3 packs)	with Whole Wheat Pasta (4 oz)	Whole Grain Cornbread Dressing (4 oz)	Whole Wheat Roll (1 oz/1 each)	Fried Brown Rice (4 oz)
Sliced Cucumbers (.5 C/4 oz)	Sauteed Kale (.5 C/4 oz)	Roasted Cauliflower Florets (.5 C/4 oz)	Rosted Yukon Gold Potatoes (.5 C/4 oz)	Sauteed Green Beans (.5 C/4 oz)
Apple Juice (4 oz)	Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Applesauce (.5 C/1 each)	Fresh Banana (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Ranch Dressing (.5 oz)			Gravy (1 oz)	

Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Chicken Nuggets (5 each)	Tuna Salad (3 oz)	Grilled Chicken Sandwich (1 each)	Chef Salad with Turkey & Cheddar (3 oz turkey, 1 oz cheese)	Chicken and Cheese Quesadilla (2 oz chicken, .5 oz cheese)
Whole Wheat Roll (1 oz/1 each)	Whole Wheat Crackers (3 packs)	on a Whole Wheat Bun (2 oz)	Whole Grain Flatbread (2 oz/1 whole)	in a Whole Wheat Tortilla (2 oz)
Braised Kale (.5 C/4 oz)	Zucchhini Sticks (.5 C/4 oz)	Steamed Corn (.5 C/4 oz)	Mixed Greens (1 C/8 oz)	Warm Black Bean & Corn Salsa (.5 C/4 oz)
Apple Juice (4 oz)	Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Applesauce (.5 C/1 each)	Fresh Banana (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)
Ketchup (1 each)	Italian Dressing (1 oz)		Ranch Dressing (.5 oz)	

International Day				
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Hummus (4 oz)	Fish Sticks (4 each)	Grilled Cheese (4 slices cheese)	Jerk Chicken (2 oz)	Baked Chicken Alfredo (2 oz)
Whole Grain Flatbread (2 oz/1 whole)	Whole Wheat Roll (1 oz)	on Whole Wheat Bread (2 oz)	Brown Rice (4 oz)	over Whole Wheat Rotini (4 oz)
Roasted Garlic Eggplant (.5 C/4 oz)	Steamed Corn (.5 C/4 oz)	Sauteed Green Beans (.5 C/4 oz)	Sweet Plantains (.5 C/4 oz)	Fire Roasted Tomatoes (.5 C/4 oz)
Apple Juice (4 oz)	Fresh Honeydew Wedge (.5 C/1 wedge)	Fresh Pear (.5 C/1 each)	Applesauce (.5 C/1 each)	Fresh Banana (.5 C/1 each)
Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)	Milk Variety (1 each)

*Supper menu days meet the CACFP Child Meal Pattern for 2017-2018 for ages 6-12 13-18: 0.5 C fruit, 0.5 C vegetables, 1 oz eq grains, 2 oz eq protein, 8 oz milk