

March Citrus Free Breakfast Menu



Eagle Academy Public Charter School

Congress Heights
Capitol Riverfront



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Grain Blueberry Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
4 National School Breakfast Week Whole Grain Grits Whole Wheat Roll Turkey Sausage Fresh Pear Skim or 1% Milk	5 Dr. Seuss Day Green Eggs & Ham Whole Wheat Biscuit Fresh Apple Skim or 1% Milk	6 Potato & Cheese Frittata Whole Grain Flatbread Banana Skim or 1% Milk	7 Toasted Oatmeal with Dried Cranberries & Raisins Applesauce Skim or 1% Milk	8 Professional Development Day No School
11 Assorted Variety of Cereal Yogurt Fresh Pear Skim or 1% Milk	12 Scrambled Eggs with Cheese on a Whole Grain Flatbread Fresh Apple Skim or 1% Milk	13 Oatmeal with Dried Cranberries & Raisins Banana Skim or 1% Milk	14 Turkey Sausage Strata Applesauce Skim or 1% Milk	15 Whole Grain Apple Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk
18 Whole Grain Zucchini Bread Fresh Pear Skim or 1% Milk	19 Chilaquiles with a Whole Wheat Tortilla Fresh Apple Skim or 1% Milk	20 Assorted Variety of Cereal Yogurt Banana Skim or 1% Milk	21 Scrambled Eggs with Cheese on a Whole Grain Biscuit Applesauce Skim or 1% Milk	22 Whole Wheat Bagel with Cream Cheese Fresh Honeydew Wedge Skim or 1% Milk
25 International Day Homemade French Toast with Syrup Fresh Pear Skim or 1% Milk	26 Whole Grain Grits Turkey Sausage Fresh Apple Skim or 1% Milk	27 Broccoli & Cheddar Egg Bake Whole Wheat Roll Banana Skim or 1% Milk	28 Oatmeal with Dried Cranberries & Raisins Applesauce Skim or 1% Milk	29 Whole Grain Blueberry Muffin Cheese Stick Fresh Honeydew Wedge Skim or 1% Milk

March Citrus Free Lunch Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Caesar Salad over Mixed Greens with Tomatoes Whole Grain Flatbread Fresh Kiwi Milk Variety
4 Cheesy Baked Italian Pasta Sautéed Green Beans Chilled Broccoli Salad Fresh Honeydew Wedge Milk Variety	5 Chicken Tacos with Shredded Cheese in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Variety	6 Cuban Style Picadillo Beef Whole Grain Yellow Rice Garlic Cassava Spicy Kale Salad Fresh Apple Milk Variety	7 BBQ Chicken Whole Grain Polenta Whole Wheat Roll Roasted Butternut Squash Braised Collard Greens Fresh Banana Milk Variety	8 Professional Development Day No School
11 Cheese Pizza on Whole Grain Crust Carrot Sticks Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	12 Beef & Cheese Tacos on Hard Shells Steamed Corn Pinto Beans Fresh Pear Milk Variety	13 Cajun Chicken Creole Louisiana Brown Rice Steamed Broccoli Red Beans Fresh Apple Milk Variety	14 Oven Roasted Turkey Whole Grain Biscuit Mashed Sweet Potatoes Roasted Brussel Sprouts Fresh Banana Milk Variety	15 Fish Sticks Whole Wheat Roll Braised Cabbage Steamed Sweet Peas Fresh Kiwi Milk Variety
18 Baked Mac & Cheese Stewed Lentils Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	19 Chicken Fajitas in a Whole Wheat Tortilla Spanish Rice Sweet Plantains Peppers & Onions Fresh Pear Milk Variety	20 Oven Roasted Meatloaf Whole Grain Biscuit Sautéed Collard Greens Mashed Potatoes Fresh Apple Milk Variety	21 Cantonese Roast Chicken Fried Brown Rice Steamed Ginger Carrots Sautéed Broccoli Fresh Banana Milk Variety	22 All Beef Cheeseburger on a Whole Wheat Bun Baked Beans Sliced Seasoned Tomatoes Fresh Kiwi Milk Variety
25 International Day Cheesy Baked Italian Pasta Sautéed Zucchini & Onions Mixed Greens Salad Fresh Honeydew Wedge Milk Variety	26 Beef & Cheese Tacos in a Whole Wheat Tortilla Chili Black Beans Diced Tomatoes Fresh Pear Milk Variety	27 Curried Chicken Brown Rice Steamed Cauliflower Roasted Chickpeas Fresh Apple Milk Variety	28 Turkey & Cheese Sandwich on a Whole Wheat Bun Roasted Yukon Gold Potatoes Steamed Carrots Fresh Banana Milk Variety	29 Chicken Caesar Salad over Mixed Greens with Tomatoes Whole Grain Flatbread Fresh Kiwi Milk Variety

Homemade, healthy food made with love.

March Citrus Free Supper Menu



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Navy Bean Dip Whole Grain Flatbread Zucchini Sticks Fresh Banana Milk Variety
4 Veggie Burger on a Whole Wheat Bun Glazed Carrots Apple Juice Milk Variety	5 Tuna Salad Whole Wheat Crackers Sliced Cucumbers Fresh Honeydew Wedge Milk Variety	6 Lemon Pepper Chicken Farro Pilaf Steamed Corn Fresh Pear Milk Variety	7 Turkey Ham & Cheese on a Whole Wheat Bun Three Bean Salad Applesauce Milk Variety	8 Professional Development Day No School
11 Chicken Salad Whole Wheat Crackers Sliced Cucumbers Apple Juice Milk Variety	12 Baked Mac & Cheese Sautéed Kale Fresh Honeydew Wedge Milk Variety	13 Roasted Chicken Drumstick Whole Grain Cornbread Dressing Roasted Cauliflower Fresh Pear Milk Variety	14 Salisbury Steak with Gravy Whole Wheat Roll Roasted Yukon Gold Potatoes Applesauce Milk Variety	15 Teriyaki Chicken Fried Brown Rice Sautéed Green Beans Fresh Banana Milk Variety
18 Chicken Nuggets Whole Wheat Roll Braised Kale Apple Juice Milk Variety	19 Tuna Salad Whole Wheat Crackers Zucchini Sticks Fresh Honeydew Wedge Milk Variety	20 Grilled Chicken Sandwich on a Whole Wheat Bun Steamed Corn Fresh Pear Milk Variety	21 Chef Salad w/ Turkey & Cheddar over Mixed Greens Whole Grain Flatbread Applesauce Milk Variety	22 Chicken & Cheese Quesadilla Warm Black Bean & Corn Salsa Fresh Banana Milk Variety
25 International Day Hummus Whole Grain Flatbread Roasted Garlic Eggplant Apple Juice Milk Variety	26 Fish Sticks Whole Wheat Roll Steamed Corn Fresh Honeydew Wedge Milk Variety	27 Grilled Cheese Sandwich on Whole Wheat Bread Sautéed Green Beans Fresh Pear Milk Variety	28 Jerk Chicken Brown Rice Sweet Plantains Applesauce Milk Variety	29 Baked Chicken Alfredo over Whole Wheat Pasta Fire Roasted Tomatoes Fresh Banana Milk Variety

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