



Mainland - Breakfast and Lunch Menu

March 2020



In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins.

You can steam brussels sprouts and toss them with olive oil, parmesan cheese and butter for a delicious treat!

SCHOOL BREAKFAST OUT OF THIS WORLD!

Monday	Tuesday	Wednesday	Thursday	Friday
Maple Waffle Sandwich 2 Chicken Tenders Cheese Quesadilla	French Toast Sticks & Sausage 3 Pepperoni Pizza Corn Dog	Pancake Sandwich 4 Orange Chicken Brown Rice Bean & Cheese Pupusa	Breakfast Burrito Chile Verde 5 Cheeseburger Sliders Penne Pasta with Meatball Marinara	Yogurt Parfait 6 Homemade Carnitas Burrito Cheese Pizza
Cinnamon Roll 9 Al Pastor Tacos Mozzarella Stick with Marinara	Breakfast Burrito 10  Chicken Taquitos	Bagels with Cream Cheese 11 Chicken Teriyaki with Brown Rice Beef Chalupa	Yogurt Parfait 12 BBQ Rib Sandwich Lasagna	Muffin 13 Breaded Chicken Drumstick with Mashed Potatoes Ciabatta Cheese
French Toast Stick 16 Chicken Tender Bean & Cheese Burrito	Sausage & Cheese Sandwich 17 Pepperoni Pizza Corn Dog	Breakfast Pizza 18 Orange Chicken with Brown Rice Chicken Tamale	Yogurt Parfait 19 Meatball Sub Sandwich Maple Chicken & Waffle Sandwich	Mini Waffles 20 Mac & Cheese Trays Cheese Bread
Cinnamon Roll 23 Chicken Tacos Hot Dog	Breakfast Burrito 24  Chicken Taquitos	Bagels with Cream Cheese 25 Breaded Drumstick with Brown Rice Crispito	Yogurt Parfait 26 Crispy Chicken Sandwich Cheese Bread	Muffin 27 Ciabatta Cheese Homemade Bean and Cheese Burrito
French Toast Stick 30 Chicken Tenders Cheese Quesadilla	Sausage & Cheese Sandwich 31 Pepperoni Pizza Corn Dog			

Announcements

All students eat for free!

Also Offered Daily for Breakfast

- Assorted Cereals
- 1% or Non-fat White Milk

Also Offered Daily for Lunch

- Salad Bars with choice of three fruits and three veggies!
- 1% White

Meal Prices

All students eat for free!

Adults may purchase a meal from the cafeteria for **\$4.25 Lunch** and **\$3.50 Breakfast**.

