



G3 - Breakfast and Lunch Menu

March 2020

SCHOOL BREAKFAST
OUT OF THIS WORLD!

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!

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

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.

