



MARCH 2023 LUNCH MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREADS	AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES A YOGURT CUP OR STRING CHEESE & A GRAIN SNACK (YOGURT FLAVORS & GRAIN SNACK WILL VARY BY SCHOOL)		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 CALZONE MARINARA VEGGIES	2 HOT HAM & CHEESE POTATO CUBES VEGGIES	3 MINI CORNDOGS SMILEY FRIES VEGGIES
6 PIZZA VEGGIES	7 CHEESE FILLED BREADSTICKS MARINARA VEGGIES	8 CHEESEBURGER CRINKLE FRIES BAKED BEANS	9 TOTCHOS CORN MUFFIN GRAIN SNACK	10 MEATBALLS GRAVY SEASONED RICE VEGGIES HOMEMADE COOKIE
13 PIZZA CRUNCHERS MARINARA VEGGIES	14 PULLED PORK SANDWICH BABY REDS COLESLAW	15 QUESADILLA SEASONED RICE FIESTA BEANS VEGGIES	16 CHICKEN NUGGETS CHEESY POTATOES GARLIC BREADSTICK VEGGIES	17 NO SCHOOL
20 FRENCH BREAD PIZZA MARINARA VEGGIES SIDEKICK SLUSHIE	21 WALKING TACOS BLACK BEANS VEGGIES	22 GRILLED CHEESE TOMATO SOUP VEGGIES	23 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET APPLESAUCE GRAIN SNACK	24 NO SCHOOL
27 PERSONAL PIZZA VEGGIES	28 CHICKEN PARMESAN GARLIC TOAST VEGGIES	29 "MEAL IN A PEEL" BAKED POTATO BAR W/ FIXINGS DINNER ROLL GRAIN SNACK	30 HOT ITALIAN SUB MARINARA POTATO WEDGES VEGGIES	31 FISH NUGGETS CHEESY POTATOES COLESLAW DINNER ROLL GRAIN SNACK



MARCH 2023 LUNCH MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREAD			MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 CALZONE MARINARA VEGGIES	2 HOT HAM & CHEESE POTATO CUBES VEGGIES	3 MINI CORNDOGS SMILEY FRIES VEGGIES
6 PIZZA VEGGIES	7 CHEESE FILLED BREADSTICKS MARINARA VEGGIES	8 CHEESEBURGER CRINKLE FRIES BAKED BEANS	9 TOTCHOS CORN MUFFIN GRAIN SNACK	10 MEATBALLS GRAVY SEASONED RICE VEGGIES HOMEMADE COOKIE
13 PIZZA CRUNCHERS MARINARA VEGGIES	14 PULLED PORK SANDWICH BABY REDS COLESLAW	15 QUESADILLA SEASONED RICE FIESTA BEANS VEGGIES	16 CHICKEN NUGGETS CHEESY POTATOES GARLIC BREADSTICK VEGGIES	17 NO SCHOOL
20 FRENCH BREAD PIZZA MARINARA VEGGIES SIDEKICK SLUSHIE	21 WALKING TACOS BLACK BEANS VEGGIES	22 GRILLED CHEESE TOMATO SOUP VEGGIES	23 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET APPLESAUCE GRAIN SNACK	24 NO SCHOOL
27 PERSONAL PIZZA VEGGIES	28 CHICKEN PARMESAN GARLIC TOAST VEGGIES	29 "MEAL IN A PEEL" BAKED POTATO BAR W/ FIXINGS DINNER ROLL GRAIN SNACK	30 HOT ITALIAN SUB MARINARA POTATO WEDGES VEGGIES	31 FISH NUGGETS CHEESY POTATOES COLESLAW DINNER ROLL GRAIN SNACK



MARCH 2023 BREAKFAST MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADS, CEREAL BARS, CEREAL, MUFFINS & YOGURT PARFAITS AVAILABLE DAILY	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 CHEESE OMELET TRI TATER TOASAT FRUIT & JUICE MILK	2 BAGEL PIZZA FRUIT & JUICE MILK	3 APPLE FILLED DONUT FRUIT & JUICE MILK
6 APPLE FRUDEL FRUIT &. JUICE MILK	7 COMBO BAR TOAST FRUIT & JUICE MILK	8 BREAKFAST SANDWICH FRUIT & JUICE MILK	9 FRENCH TOAST STICKS FRUIT & JUICE MILK	10 CINNAMON ROLL FRUIT & JUICE MILK
13 MINI WAFFLES FRUIT & JUICE MILK	14 BREAKFAST BITES FRUIT & JUICE MILK	15 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	16 PANCAKES SAUSAGE PATTY FRUIT & JUICE MILK	17 NO SCHOOL
20 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	21 PIZZA FRUIT & JUICE MILK	22 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	23 BISCUITS & GRAVY SAUSAGE LINKS FRUIT & JUICE MILK	24 NO SCHOOL
27 FILLED CEREAL BAR FRUIT & JUICE MILK	28 BREAKFAST BURRITO FRUIT & JUICE MILK	29 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	30 BAGEL PIZZA FRUIT & JUICE MILK	31 MINI DONUTS FRUIT & JUICE MILK



MARCH 2023 BREAKFAST MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES ASSORTED GRAINS, TOAST, YOGURT OR STRING CHEESE, FRUIT, JUICE & MILK	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
		1 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	2 BAGEL PIZZA FRUIT & JUICE MILK	3 APPLE FILLED DONUT FRUIT & JUICE MILK
6 APPLE FRUDEL FRUIT & JUICE MILK	7 COMBO BAR TOAST FRUIT & JUICE MILK	8 BREAKFAST SANDWICH FRUIT & JUICE MILK	9 FRENCH TOAST STICKS FRUIT & JUICE MILK	10 CINNAMON ROLL FRUIT & JUICE MILK
13 MINI WAFFLE FRUIT & JUICE MILK	14 BREAKFAST BITES FRUIT & JUICE MILK	15 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	16 PANCAKES SAUSAGE PATTY FRUIT & JUICE MILK	17 NO SCHOOL
20 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	21 PIZZA FRUIT & JUICE MILK	22 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	23 PANCAKE ON A STICK FRUIT & JUICE MILK	24 NO SCHOOL
27 FILLED CEREAL BAR FRUIT & JUICE MILK	28 BREAKFAST BURRITO FRUIT & JUICE MILK	29 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	30 BAGEL PIZZA FRUIT & JUICE MILK	31 MINI DONUTS FRUIT & JUICE MILK