

Breakfast Menu for Metcalfe Middle School

March 2023

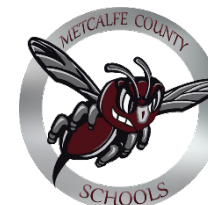
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Tornado Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	2 Pancake & Sausage Banana Split Parfait 100% Fruit Juice Seasonal Fresh Fruit	3 No School
6 Biscuit & Gravy Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	7 Chicken Biscuit Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit	8 Breakfast Tornado Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	9 Breakfast Pizza Banana Split Parfait 100% Fruit Juice Seasonal Fresh Fruit	10 Bacon Egg & Cheese Biscuit Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit
13 Biscuit & Gravy Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	14 Chicken Biscuit Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit	15 Assorted Muffins Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	16 Breakfast Pizza Banana Split Parfait 100% Fruit Juice Seasonal Fresh Fruit	17 Bacon Egg & Cheese Biscuit Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit
20 Biscuit & Gravy Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	21 Chicken Biscuit Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit	22 Assorted Muffins Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	23 Breakfast Pizza Banana Split Parfait 100% Fruit Juice Seasonal Fresh Fruit	24 Bacon Egg & Cheese Biscuit Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit
27 Biscuit & Gravy Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	28 Chicken Biscuit Fruit & Yogurt Parfait 100% Fruit Juice Seasonal Fresh Fruit	29 Assorted Muffins Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit	30 Breakfast Pizza Banana Split Parfait 100% Fruit Juice Seasonal Fresh Fruit	31 Bacon Egg & Cheese Biscuit Assorted Bagels 100% Fruit Juice Seasonal Fresh Fruit

Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

**1% or Fat Free
White or Flavored Milk
Available Daily!**

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).



This institution is an equal opportunity provider.

Lunch Menu for Metcalfe Middle School

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Scrambled Eggs Breakfast Chicken Waffles Hash Browns Fresh Veggie Cup Assorted Fresh Fruit	2 General Tso's Chicken Fried Rice Egg Roll Noodles Side Salad Fresh Veggie Cup Assorted Fresh Fruit	3 No School
6 Cheesy Breadsticks Side Salad Baked Chips Fresh Veggie Cup Strawberry Cup	7 Cheeseburger Hot Dog French Fries Baked Beans Fresh Veggie Cup Fruit Cup	8 Spaghetti w/ Meat Sauce Baked Potato Bar Side Salad Garlic Bread Fresh Veggie Cup Assorted Fresh Fruit	9 Pork BBQ Sandwiches Sloppy Joes Potato Salad Cole Slaw Fresh Veggie Cup Fruit Cup Rice Krispy Square	10 Pizza Corn Dog Whole Kernel Corn Side Salad Fresh Veggie Cup Fresh Fruit Birthday Cake
13 Chicken Fingers Salisbury Steak Whole Kernel Corn Mashed Potatoes Green Beans & Roll Fresh Veggie Cup Assorted Fruit	14 Extreme Nachos Beef Tacos Side Salad Chips & Salsa Refried Beans Fresh Veggie Cup Assorted Fresh Fruit	15 Sloppy Joes Fish Sandwich Tater Tots Baked Beans Mac And Cheese Fresh Veggie Cup Ice Cream	16 Buffalo Chicken Dip Deli Subs Tostitos Scoops Side Salad Fresh Veggie Cup Fresh Fruit Brownie	17 Chili (16g) Grilled Cheese (21g) G OR All Beef Hot Dog Baked Chips (19g) Fruit Selections Fresh Baked Cookie (17g)
20 Cheeseburger Chili Dogs French Fries Baked Beans Fresh Veggie Cup Fruit Cup Ice Cream	21 BBQ Chicken Sub Sandwiches Cheesy Potatoes Corn on the Cob Green Beans Roll	22 Scrambled Eggs Breakfast Chicken Waffles Hash Browns Fresh Veggie Cup Assorted Fresh Fruit	23 Spaghetti w/ Meat Sauce Baked Potato Bar Side Salad Breadstick Fresh Veggie Cup Assorted Fresh Fruit	24 Boneless Wings French Fries Mozzarella Sticks Fried Pickles Fresh Veggies Assorted Fresh Fruit
27 Pepperoni Pizza Corn Dog Baked Chips Whole Kernel Corn Side Salad Fruit & Veggie Cups Fresh Baked Cookie	28 Chicken or Beef Tacos Chips and Salsa Queso Refried Beans Fresh Veggies Fruit Cup	29 Cheese Breadsticks Sub Sandwiches Side Salad Baked Chips Fresh Veggie Cup Strawberry Cup Assorted Fresh Fruit	30 Pork BBQ Sandwiches Sloppy Joes Potato Salad Cole Slaw Fresh Veggie Cup Fruit Cup Rice Krispy Square	31 Sack Lunches

Salad Boxes or Sandwich Boxes are available daily!

1% or Fat Free
White or Flavored Milk
Available Daily!

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Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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