

Bridges & Sylvandale March Menu

3/3	3/4	3/5	3/6	3/7
<u>Breakfast</u> Whole Grain Molletes Whole Grain Cinnamon Bun Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Tacos Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Chicken & Waffles Whole Grain Turkey Wrap Pancake Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Chilaquiles Whole Grain Concha Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Cheesy Egg, Sausage, and Potato Casserole Whole Grain Banana Bread Slice Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Orange Chicken w/Rice Whole Grain Cheese Stuffed Breadsticks Plant-Based Orange Chicken w/ Rice	<u>Lunch</u> Whole Grain Cheeseburger Turkeyham & Cheese Whole Grain Sandwich Plant-Based Hamburger	<u>Lunch</u> Crunchy or Soft Beef Tacos Whole Grain Turkey Taco Nada Plant-Based Spicy Korean Chicken w/Rice	<u>Lunch</u> Whole Grain Plain or Spicy Chicken Sandwich Whole Grain Corn Dog Plant-Based Chicken Nuggets	<u>Lunch</u> BBQ Chicken Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza
3/10	3/11	3/12	3/13	3/14
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Waffles Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Egg with Turkey Bacon Whole Grain Cinnamon Oatmeal Round Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Concha Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Cinnamon Bun Whole Grain Turkey Pancake Wrap Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Teriyaki Beef w/ Rice Whole Grain Turkey or Beef Hot Dog Plant-Based Teriyaki Chicken w/ Rice	<u>Lunch</u> Whole Grain Chicken Alfredo Pasta Turkey & Cheese Sandwich Plant-Based Hamburger	<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheesy Stuffed Breadsticks Plant-Based Spicy Korean Chicken w/ Rice	<u>Lunch</u> Whole Grain Spaghetti Pasta with Meat Sauce Whole Grain Turkey Taco Nada Plant-Based Chicken Nuggets	<u>Lunch</u> Ham & Pineapple Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza
3/17	3/18	3/19	3/20	3/21
<u>Breakfast</u> Whole Grain Molletes Whole Grain Cinnamon Bun Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Tacos Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Chicken & Waffles Whole Grain Turkey Wrap Pancake Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Chilaquiles Whole Grain Concha Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Cheesy Egg, Sausage, and Potato Casserole Whole Grain Banana Bread Slice Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Orange Chicken w/Rice Whole Grain Cheese Stuffed Breadsticks Plant-Based Orange Chicken w/ Rice	<u>Lunch</u> Whole Grain Cheeseburger Turkeyham & Cheese Whole Grain Sandwich Plant-Based Hamburger	<u>Lunch</u> Crunchy or Soft Beef Tacos Whole Grain Turkey Taco Nada Plant-Based Spicy Korean Chicken w/Rice	<u>Lunch</u> Whole Grain Plain or Spicy Chicken Sandwich Whole Grain Corn Dog Plant-Based Chicken Nuggets	<u>Lunch</u> BBQ Chicken Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza
3/24	3/25	3/26	3/27	3/28
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Waffles Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Egg with Turkey Bacon Whole Grain Cinnamon Oatmeal Round Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Concha Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Cinnamon Bun Whole Grain Turkey Pancake Wrap Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Teriyaki Beef w/ Rice Whole Grain Turkey or Beef Hot Dog Plant-Based Teriyaki Chicken w/ Rice	<u>Lunch</u> Whole Grain Chicken Alfredo Pasta Turkey & Cheese Sandwich Plant-Based Hamburger	<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheesy Stuffed Breadsticks Plant-Based Spicy Korean Chicken w/ Rice	<u>Lunch</u> Whole Grain Spaghetti Pasta with Meat Sauce Whole Grain Turkey Taco Nada Plant-Based Chicken Nuggets	<u>Lunch</u> Ham & Pineapple Whole Grain Pizza Pepperoni Whole Grain Pizza Cheese Whole Grain Pizza
3/31				
<u>Breakfast</u> Whole Grain Molletes Whole Grain Cinnamon Bun Whole Grain Cereal with Graham Cracker				
<u>Lunch</u> Whole Grain Orange Chicken w/Rice Whole Grain Cheese Stuffed Breadsticks Plant-Based Orange Chicken w/ Rice				