

March 2017



Mon	Tue	Wed	Thu
		1 Sausage and gravy, orange juice, apple Fish taco, beans, apples	2 Waffles, sausage , apple juice, oranges Chicken enchilada, salad pear
6 Bagel, ham, orange juice , banana Spaghetti, bread stick, salad, peaches	7 Banana bread, cheese stick, apple juice, orange Nachos, refried beans, corn, pineapple	8 Cinnamon roll, sausage, apple, juice PB&J sandwich, chips, apples	9 Pancakes, ham, banana, juice Chicken nuggets, broccoli, rice, mandarin oranges
13 Pancake on a stick, orange, apple juice Chicken fajita, beans pears	14 Smoothie, granola, orange juice, grapes Frito pie, beans, tomato juice, pears	15 Ham & cheese croissant, banana, grape juice Cheeseburger, lettuce, tomato, pickle, onions, chips, apples	16 Hot pocket, apple juice, orange Beef & Bean Burrito, salad, apple sauce
20 French toast, ham, apples, grape juice Chicken sandwich, vegi mix, pickle , strawberry banana applesauce	21 Poptart, yogurt, applesauce, orange juice Potato soup, bread stick, peaches	22 English muffin with cheese & sausage, apple juice, banana Beefy noodles, salad, apricots	23 Breakfast burrito, orange juice, banana Pizza, salad, olives pineapple, carrots

Vegetable
3/4 C a day
K-8
1 C a day
9-12
Minimums
Per week

Red/Orange 3/4 C
K-8
1 1/4 C 8-
12
Beans & Peas 1/2 C

Starchy 1/2 C
3/4 C 9-12
Other 1/2 C K-8
9-12

Milk Available with every meal
FF Flavored, 1% Plain
All Juice 100%
WW Whole Wheat, WG Whole Grain
EG Enriched Grain

Items may change due to

Have a Happy & Safe Spring Break