

Maxwell  
Municipal  
Schools

# March 2015



Mon	Tue	Wed	Thu
<p>2 Breakfast Pizza, Juice ..... Potato soup (bacon &amp; cheese), Beets, WW roll, Jell-O with mixed fruit</p>	<p>3 WG Pop tart, ham, juice ..... Spaghetti, bread stick, garden salad, cottage cheese with pineapple</p>	<p>4 WG Hot pockets, apples ..... Frito pie, Peas &amp; carrots, salsa, apple sauce</p>	<p>5 Ham, EG English muffin, banana ..... Grilled cheese, WW sandwich, tomato soup, fresh carrots, pineapple</p>
<p>9 Blueberry muffin, cheese, juice ..... Chicken bowl (corn, mashed potato, gravy), cole slaw, WW roll, peaches</p>	<p>10 Waffles, egg, juice ..... Pesole, tortillas, refried beans, pineapple</p>	<p>11 Pancakes, sausage, juice ..... Taco Pie, spinach salad, beans, salsa, pears</p>	<p>12 Yogurt, cinnamon toast, oranges ..... Sweet &amp; Sour Chicken, broccoli, brown rice, mandarin oranges</p>
<p>16 Cheesy Eggs, WW PB Toast, Juice ..... Chicken Fajitas, WG flour Tortilla, peppers, onions, beans, pears</p>	<p>17 WW French Toast, bacon, orange ..... BBQ Pork on WW bun, salad, pickle spear, apples</p>	<p>18 Cereal, Gogurt, Apples ..... Swiss Steak, Mashed potatoes, gravy, salad, WW roll, mixed fruit</p>	<p>19 Cinnamon roll, sausage, juice ..... Spaghetti &amp; Meat balls, broccoli, bread, pineapple</p>
<p>23 Pancake-on-a-stick, juice ..... BBQ Hamburgers, fixings, Tater tots,, baked apples</p>	<p>24 Ham &amp; cheese WG quesadilla, juice ..... Chili dogs, WW bun, sweet potato fries, fresh carrots, applesauce</p>	<p>25 Sausage, egg, croissant, juice ..... Lasagne, garden salad, WW roll, pudding, peaches</p>	<p>26 Sausage gravy W/WW biscuit, juice ..... Green Chili Stew, WW roll, Strawberries, Ice cream</p>

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

**Red/Orange** 3/4 C  
K-8  
1 1/4 C 8-12

**Beans & Peas** 1/2 C  
Starchy 1/2 C  
Other 1/2 C  
K-8  
3/4 C 9-12

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

Items may change due to availability