Roswell Independent School District

ELEMENTARY SCHOOL

Choice of Fat Free Chocolate (20g),
Fat Free Strawberry (20g), or 1% White Milk (13g)
Parkview only has 1% White Milk (13g) Offered

MARCH 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

MON	TUE	WED	THU	FRI 1
~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~
WK 3				Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~
				Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)
MON 4	**TUE 5**	**WED 6**	**THU 7**	**FRI 8**
~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~
WK 1 Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Egg & Cheese Bun (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Bug Bite Crackers (21g) & Yogurt (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)	Chicken Nuggets (13g), Mashed Potatoes (18g),Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)	Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)	Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)
MON 11	**TUE 12**	**WED 13**	**THU 14**	**FRI 15**
~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~
WK 2 Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~
BBQ Chicken Leg (7g),Green Beans (4g),Whole Wheat Roll (29g), Seasonal Fruit (~15g)	Pork Chop (11g), Mashed Potatoes (18g),Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Frito Pie (38g), Corn (16g), Peaches (16g)	Corn Dog (33g), Fries (27g), Pineapple (17g)	Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)
MON 18	**TUE 19**	**WED 20**	**THU 21**	**FRI 22**
~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~
WK 3 Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)
~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)	BBQ Dippers (9g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)	Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)	Chicken Fajitas (33g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)	Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)
MON 25	**TUE 26**	**WED 27**	**THU 28**	**FRI 29**
~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~	~~BREAKFAST~~
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL