

MARCH 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY									
Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch									
MON		TUE		WED		THU		FRI	
WK 3									
Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)									
Breaded Chicken Patty (13g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)									
Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)									
MON 4		TUE 5		WED 6		THU 7		FRI 8	
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)	
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Chili Cheese Fries (29g), Bread Sticks (25g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)		Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)		Steak Burrito (32g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		Salisbury Steak (4g) Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (28g), Brown Gravy (3g), Sliced Apples (~8g)	
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 (28g), 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	
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)	
Chicken Fried Steak (16g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27), Mixed Fruit (~16g)		Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Peaches (16g)		Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Pineapple (17g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
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	
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)	
Cheesy Meatloaf Sandwich (38g), Fries (27g), Seasonal Fruit (~15g))		Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)		Honey Siracha Chicken (24g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Breaded Chicken Patty (13g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)	
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	
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