



Breakfast: Served with fruit/juice and milk daily. Cereal will be offered as an alternate.
Lunch: Served with fresh veggies, fruit and milk daily. Salad bar is offered as an alternate for grades 3-12. Menu is subject to change.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

New Items Alert!

Roasted Potato Medley (3/2)
 Baja Fish Sticks & Cilantro Lime Rice (3/3)
 Cowboy Burgers (3/6)
 Pico de Gallo (3/14)
 Italian Pasta Hot Dish (3/15)
 Blueberry Breakfast Bark (3/30)

Waffles

1

Chili w/ Cornbread or Yogurt w/ Granola, Assorted Veggies, and Pears

Green Eggs & Ham

2

Chicken Parmesan Sandwich, **Roasted Potato Medley** and Tropical Fruit Salad

Cheesy Breakfast Wrap

3

Baja Fish Sticks or PB&J Sandwich, Cilantro Lime Rice, Steamed Corn, and Peaches

Breakfast Bites

6

Cowboy Burger (Burger w/ Cheese, BBQ Sauce and Onion Rings), Baked Beans and Fruit Sorbet Cup

Yogurt Parfait

7

Brunch Lunch! Pancake Stack, Sausage, Sweet Potato Puffs and Pears

French Toast Sticks

8

Spaghetti with Bread Stick, Green Beans and Bananas

Cheesy Scrambled Eggs

9

Chicken Nuggets w/ Choice of Dipping Sauce, Mac n' Cheese, Broccoli and Sliced Apples

Pancakes

10

Personal Pan Cheese Pizza, Steamed Peas, and Mandarin Oranges

Bacon Scrambler Pizza

13

Chicken Patty Sandwich, Seasoned Fries and Apple Sauce Cups

Sunrise Muffin (Egg/Ham)

14

Tacos w/ Fixins, Refried Beans, **Homemade Pico de Gallo**, and Pineapple

Breakfast Frittata

15

Homemade Italian Pasta Hot Dish, Green Beans and Strawberries

Breakfast Buffet

16

Meatballs and Gravy with Mashed Potatoes, Dinner Roll and Grapes

St. Patty Day Long Johns

17

Grilled Cheese Sandwich, Tomato Soup, Crackers and Kiwi/Strawberry Slushies

20

Spring Break!

Enjoy your time off!

21



22

23

24

Pancakes

27

Pizza Dippers & Sauce, Carrots and Sliced Apples

Belgian Waffle Sticks

28

Hot Ham and Cheese Sandwich, Green Beans and Fresh Kiwi

Oatmeal w/ Toppings

29

Turkey and Gravy with Mashed Potatoes, Dinner Roll, Steamed Corn and Mandarin Oranges

Blueberry Breakfast Bark

30

Meatball Subs, Oven Roasted Cauliflower and Apple Sauce

Lumberjacks

31

Eagle Club Sandwiches, Chips, Cottage Cheese and Peaches