



Pre-K March Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Cinnamon Chex cereal Lunch Popcorn chicken bites mashed potatoes gravy	3 Breakfast Banana muffin Lunch Chicken and waffles maple syrup carrot sticks ranch strawberries	4 Breakfast Strawberry yogurt Disney grahams Lunch Cheesy beef burrito with cheddar cheese salsa	5 Breakfast Blueberry muffin Lunch Baked pretzel nuggets cheddar cheese cubes mustard vegetarian baked beans	 6 Breakfast Kix cereal Lunch French bread pizza tossed salad, Italian dressing diced beets <i>Gomes, Hay-Mac, Parker 1/2 Day</i>
9 Breakfast Rice Krispies cereal Lunch Southwestern beef bowl in a taco tub with seasoned rice black beans, salsa and sour cream	10 Breakfast Corn muffin Lunch Chicken teriyaki dippers crispy baked mashed potato emoticons, dinner roll margarine cup	11 Breakfast Vanilla yogurt granola Lunch Pepperoni pizza, fresh cucumber coins	12 Breakfast Blueberry muffin loaf Lunch Chicken nuggets roasted butternut squash	13 Breakfast Cheerios Lunch Grilled cheese sandwich steamed broccoli
16 Breakfast Rice Chex cereal Lunch Tangerine chicken, seasoned rice, sweet and spicy crispy roasted chickpeas	17 Breakfast Banana muffin Lunch Beef nachos, cheddar dipping sauce, salsa carrot sticks Shamrock frozen 100% juice cup	18 Breakfast Peach yogurt honey graham bites Lunch Cheeseburger on a bun with lettuce and tomato, potato spudsters	19 Breakfast Kix cereal Lunch French toast sticks with maple syrup, turkey bacon celery sticks	20 Breakfast Multigrain Cheerios Lunch Max sticks, marinara dipping sauce, tossed salad with ranch or French dressing
23 Breakfast Frosted Mini Wheats cereal Lunch Stuffed crust cheese pizza tomato and cucumber salad	24 Breakfast Cinnamon Chex cereal Lunch Mini corn dogs, ketchup vegetarian chili, fresh red pepper strips ranch dressing	25 Breakfast Strawberry banana yogurt honey graham bites Lunch Baked turkey dinner with mashed potatoes, turkey gravy, dinner roll, margarine cup, steamed green beans	26 Breakfast Apple cinnamon muffin Lunch Chicken drumstick dinner roll, margarine cup roasted baby baker potatoes snack pack carrots ranch dressing	27 Breakfast Rice Krispies cereal Lunch Baked mac and cheese steamed broccoli
30 Breakfast Cinnamon Chex cereal Lunch Popcorn chicken bites mashed potatoes gravy	31 Breakfast Banana muffin Lunch Chicken and waffles maple syrup carrot sticks ranch			



Breakfast and Lunch are FREE for all Students

Breakfast Milk Choices
1% Plain & Nonfat Plain

Lunch Milk Choices
1% Plain & Nonfat Chocolate

Fresh Fruit and/or Chilled Fruit Cups Available Daily at Breakfast & Lunch

Alternate Lunch Options Available Daily:

- Deli sandwich:
- Monday: ham and cheese sandwich on wheat bread
 - Tuesday: bologna and cheese sandwich
 - Wednesday: turkey and cheese sandwich
 - Thursday: ham and cheese sandwich
 - Friday: bologna and cheese sandwich

Please Note:

- If you have a food allergy please speak to the school nurse and advise your kitchen manager.
- Menu is subject to change.

This institution is an equal opportunity provider.





K-8 March Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>Breakfast</u> Multigrain Cheerios cereal kit with juice <u>Lunch</u> Popcorn chicken bowl with gravy, mashed potatoes corn, cheddar cheese	3 <u>Breakfast</u> Cinnamon roll berry juice <u>Lunch</u> Chicken and waffles maple syrup carrot sticks ranch	4 <u>Breakfast</u> Strawberry yogurt with granola, apple juice <u>Lunch</u> Cheesy beef burrito with cheddar cheese refried beans, salsa sour cream	5 <u>Breakfast</u> Blueberry muffin top orange juice <u>Lunch</u> All-beef hot dog on a bun corn on the cob vegetarian baked beans	 6 <u>Breakfast</u> Bagel, cream cheese berry juice <u>Lunch</u> French bread pizza tossed salad, Italian dressing diced beets
9 <u>Breakfast</u> Golden Grahams cereal kit with juice <u>Lunch</u> Southwestern beef bowl in a taco tub with seasoned rice black beans, salsa and sour cream	10 <u>Breakfast</u> Corn muffin, cheese stick grape juice <u>Lunch</u> Chicken teriyaki dippers crispy baked mashed potato emoticons, dinner roll margarine cup	11 <u>Breakfast</u> Vanilla yogurt apple nutrigrain bar, apple juice <u>Lunch</u> Pepperoni pizza, cucumber and tomato salad with Italian dressing	12 <u>Breakfast</u> Honey Wheat breakfast bar berry juice <u>Lunch</u> Chicken patty sandwich with lettuce and tomato roasted butternut squash	13 <u>Breakfast</u> Apple Jacks cereal kit with juice <u>Lunch</u> Grilled cheese sandwich steamed broccoli
16 <u>Breakfast</u> Cinnamon toast crunch cereal kit with juice <u>Lunch</u> Tangerine chicken, seasoned rice, sweet and spicy crispy roasted chickpeas	17 <u>Breakfast</u> Banana bread orange juice <u>Lunch</u> Beef nachos, cheddar dipping sauce, salsa carrot sticks, Shamrock frozen 100% juice cup	18 <u>Breakfast</u> Peach yogurt, honey graham bites, grape juice <u>Lunch</u> Cheeseburger on a bun with lettuce and tomato, potato spudsters <i>Keith, Normandin, Roosevelt 1/2 Day</i>	19 <u>Breakfast</u> Ubr cinnamon breakfast round, berry juice <u>Lunch</u> French toast sticks with maple syrup, turkey bacon celery sticks	20 <u>Breakfast</u> Apple Cinnamon Cheerios cereal kit with juice <u>Lunch</u> Max sticks, marinara dipping sauce, tossed salad with ranch dressing
23 <u>Breakfast</u> Trix cereal kit with juice <u>Lunch</u> Stuffed crust cheese pizza tomato and cucumber salad	24 <u>Breakfast</u> Cinnamon Chex cereal cheese stick, berry juice <u>Lunch</u> Mini corn dogs, ketchup vegetarian chili, fresh red pepper strips ranch dressing	25 <u>Breakfast</u> Strawberry banana yogurt honey graham bites, orange juice <u>Lunch</u> Baked turkey dinner with mashed potatoes, turkey gravy, dinner roll, margarine cup, steamed green beans	26 <u>Breakfast</u> Apple cinnamon muffin, cheese stick, apple juice <u>Lunch</u> Chicken drumstick dinner roll, margarine cup roasted baby baker potatoes snack pack carrots ranch dressing	27 <u>Breakfast</u> Frosted Flakes cereal kit with juice <u>Lunch</u> Baked mac and cheese steamed broccoli
30 <u>Breakfast</u> Multigrain Cheerios cereal kit with juice <u>Lunch</u> Popcorn chicken bowl with gravy, mashed potatoes corn, cheddar cheese	31 <u>Breakfast</u> Cinnamon roll berry juice <u>Lunch</u> Chicken and waffles maple syrup carrot sticks ranch			



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Breakfast Milk Choices
1% Plain & Nonfat Plain

Lunch Milk Choices
1% Plain & Nonfat Chocolate



Alternate Lunch Options Available Daily:

1. PB & J Uncrustable with cheez it crackers and a cheese stick.
2. Deli sandwich:
 - Monday: ham and cheese sandwich on wheat bread
 - Tuesday: bologna and cheese sandwich
 - Wednesday: turkey and cheese sandwich
 - Thursday: ham and cheese sandwich
 - Friday: bologna and cheese sandwich

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