

Breakfast Menu

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1 Cinnamon Frosted Flakes Cereal Whole Grain Bites Fruit Milk	2 Warm Cherry Strudel Fruit Milk
5 Banana Bread Fruit Milk	6 Sausage Croissant Sandwich (Contains Pork) V: Cheese Croissant Sandwich 100% Fruit Juice Fruit Milk	7 Yogurt Granola Fruit Cup Fruit Milk	8 Apple Jacks Cereal Whole Grain Bites Fruit Milk	9 Breakfast Cheese Tamale Hot Sauce Fruit Milk
12 Pan Dulce Fruit Milk	13 French Toast Sticks 100% Fruit Juice Fruit Milk	14 Probball & String Cheese Fruit Cup Fruit Milk	15 Fruit Loops Cereal Whole Grain Bites Fruit Milk	16 Mini Maple Corn Dogs V: Waffle Fruit Milk
19 Coffee Cake Fruit Milk	20 Mini Cinnamon Buns 100% Fruit Juice Fruit Milk	21 Whole Grain Bagel Cream Cheese Fruit Cup Fruit Milk	22 Cinnamon Toast Crunch Whole Grain Bites Fruit Milk	23 new Country Biscuit w/ Sausage Gravy (Contains Pork) V: Pancakes Fruit Milk
26 Oatmeal Bar Apple Sauce Fruit Milk	27 Chicken & Waffle Syrup V: Waffles 100% Fruit Juice Fruit Milk	28 new Wowbutter & Jelly Sandwich Fruit Cup Fruit Milk	29 Frosted Flakes Cereal Whole Grain Bites Fruit Milk	30 Breakfast Cheese Tamale Hot Sauce Fruit Milk

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Breakfast includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Lunch Menu 9-12

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1	2
			Red Chicken Enchiladas <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	Cheese Ravioli <i>Baby Carrots</i> <i>Dinner Roll</i> 100% Fruit Juice & Fruit <i>Milk</i>
5	6 new	7	8	9
Shredded Chicken Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit <i>Milk</i>	Pepperoni Pizza Mac & Cheese <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	Hot Dog <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> 100% Fruit Juice & Fruit <i>Milk</i>	Orange Chicken Chow Mein Noodles <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	Cheese Nachos Tortilla Chips <i>Baby Carrots</i> 100% Fruit Juice & Fruit <i>Milk</i>
12	13 new	14	15 new	16
Chicken Tamale Mixed Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit <i>Milk</i>	Country "Fried" Pork Chop w/ Gravy <i>Glazed Carrots</i> <i>Baby Carrots</i> <i>Corn Muffin</i> <i>Apple Sauce</i> <i>Milk</i>	Chicken Patty Burger <i>Oven Baked Fries</i> <i>Celery Sticks w/ Ranch</i> 100% Fruit Juice & Fruit <i>Milk</i>	Chicken Alfredo <i>w/ Broccoli</i> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	Green Cheese Enchiladas <i>Baby Carrots</i> 100% Fruit Juice & Fruit <i>Milk</i>
19	20	21	22	23
Carnitas Torta with Beans <i>(Contains Pork)</i> <i>Side Salad</i> 100% Fruit Juice & Fruit <i>Milk</i>	National Sloppy Joe Day! Sloppy Joe <i>Oven Baked Fries</i> <i>Baby Carrots</i> <i>Apple Sauce</i> <i>Milk</i>	Chicken Nuggets <i>Cheesy Mashed Potatoes</i> <i>Cucumber Slices w/ Tajin</i> <i>Baked Chips</i> 100% Fruit Juice & Fruit <i>Milk</i>	Teriyaki Beef Not So Fried Rice <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	Cheesy Spaghetti <i>Marinara Sauce</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit <i>Milk</i>
26	27	28	29	30
Cheese Tamale Mixed Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit <i>Milk</i>	Beef Chili <i>Popped Corn Chips</i> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	Cheeseburger <i>Oven Baked Fries</i> <i>Jicama Sticks w/ Tajin</i> 100% Fruit Juice & Fruit <i>Milk</i>	Bean & Cheese Burrito <i>Side Salad</i> <i>Jicama Sticks w/ Tajin</i> <i>Fruit</i> <i>Milk</i>	Fish Patty Burger <i>Oven Baked Fries</i> <i>Baby Carrots</i> 100% Fruit Juice & Fruit <i>Milk</i>

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Vegetarian Lunch Menu 9-12



March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>26</p> <p>Cheese Tamale Mixed Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>27</p> <p>Plant-based "Beef" Chalupa <i>Baby Carrots</i> Fruit Milk</p>	<p>28</p> <p>Vegetarian Cheeseburger <i>Oven Baked Fries</i> Cucumber Slices w/ Tajin 100% Fruit Juice & Fruit Milk</p>	<p>1</p> <p>Red Cheese Enchiladas <i>Side Salad</i> Fruit Milk</p>	<p>2</p> <p>Cheese Ravioli <i>Baby Carrots</i> Dinner Roll 100% Fruit Juice & Fruit Milk</p>
<p>5</p> <p>Bean & Cheese Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>6 new</p> <p>Cheese Pizza Mac & Cheese <i>Baby Carrots</i> Fruit Milk</p>	<p>7</p> <p>Vegetarian Cheeseburger <i>Oven Baked Fries</i> Jicama Sticks w/ Tajin 100% Fruit Juice & Fruit Milk</p>	<p>8</p> <p>Orange Chicken Chow Mein Noodles <i>Side Salad</i> Fruit Milk</p>	<p>9</p> <p>Cheese Nachos Tortilla Chips <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>12</p> <p>Chicken Tamale Mixed Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>13</p> <p>BBQ Plant-based "Chicken" <i>Glazed Carrots</i> Baby Carrots Corn Muffin Apple Sauce Milk</p>	<p>14</p> <p>Vegetarian Cheeseburger <i>Oven Baked Fries</i> Celery Sticks w/ Ranch 100% Fruit Juice & Fruit Milk</p>	<p>15 new</p> <p>Cheesy Alfredo w/ Broccoli <i>Side Salad</i> Fruit Milk</p>	<p>16</p> <p>Green Cheese Enchiladas <i>Baby Carrots</i> 100% Fruit Juice & Fruit Milk</p>
<p>19</p> <p>Hot Torta with Beans & Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>20</p> <p>Vegetarian Cheeseburger <i>Oven Baked Fries</i> Baby Carrots Apple Sauce Milk</p>	<p>21</p> <p>Plant-based "Chicken" Cheesy Mashed Potatoes Cucumber Slices w/ Tajin Baked Chips 100% Fruit Juice & Fruit Milk</p>	<p>22</p> <p>Teriyaki Plant-based "Chicken" Not So Fried Rice <i>Side Salad</i> Fruit Milk</p>	<p>23</p> <p>Cheesy Spaghetti Marinara Sauce Baby Carrots 100% Fruit Juice & Fruit Milk</p>
<p>26</p> <p>Cheese Tamale Mixed Vegetables <i>Side Salad</i> 100% Fruit Juice & Fruit Milk</p>	<p>27</p> <p>Beef Chili Popped Corn Chips Baby Carrots Fruit Milk</p>	<p>28</p> <p>Vegetarian Cheeseburger <i>Oven Baked Fries</i> Jicama Sticks w/ Tajin 100% Fruit Juice & Fruit Milk</p>	<p>29</p> <p>Bean & Cheese Burrito <i>Side Salad</i> Jicama Sticks w/ Tajin Fruit Milk</p>	<p>30</p> <p>Vegetarian Cheeseburger <i>Oven Baked Fries</i> Baby Carrots 100% Fruit Juice & Fruit Milk</p>

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Sandwich Menu 9-12

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1 Ham & Cheese Sandwich Side Salad Fruit Milk	2 Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
5 Wowbutter Sandwich Side Salad 100% Fruit Juice & Fruit Milk	6 Turkey & Cheese Sandwich Baby Carrots Fruit Milk	7 Roast Beef Sandwich Oven Baked Fries 100% Fruit Juice & Fruit Milk	8 Deli Chicken & Cheese Sandwich Side Salad Fruit Milk	9 Turkey Ham & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
12 Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	13 Turkey & Cheese Sandwich on Pretzel Roll Baby Carrots Fruit Milk	14 Turkey & Cheese Sandwich Oven Baked Fries 100% Fruit Juice & Fruit Milk	15 Wowbutter Sandwich Side Salad Fruit Milk	16 Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
19 Wowbutter Sandwich Side Salad 100% Fruit Juice & Fruit Milk	20 Turkey & Cheese Sandwich Baby Carrots Fruit Milk	21 Roast Beef Sandwich Oven Baked Fries 100% Fruit Juice & Fruit Milk	22 Deli Chicken & Cheese Sandwich Side Salad Fruit Milk	23 Turkey Ham & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk
26 Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk	27 Ham & Cheese Sandwich Baby Carrots Fruit Milk	28 Turkey & Cheese Sandwich Oven Baked Fries 100% Fruit Juice & Fruit Milk	29 Wowbutter Sandwich Side Salad Fruit Milk	30 Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk

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Entrée Salad Menu 9-12

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	2 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
5 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	6 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots Fruit Milk	7 Buffalo Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	8 Chicken Taco Salad Popped Corn Chips Ranch Dressing Side Salad Fruit Milk	9 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
12 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	13 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots Fruit Milk	14 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	15 Southwest Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	16 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
19 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	20 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots Fruit Milk	21 Buffalo Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	22 Chicken Taco Salad Popped Corn Chips Ranch Dressing Side Salad Fruit Milk	23 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk
26 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk	27 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots Fruit Milk	28 Buffalo Chicken Salad Dinner Roll Ranch Dressing Oven Baked Fries 100% Fruit Juice & Fruit Milk	29 Southwest Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk	30 Tuna Salad Wheat Crackers Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk

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Field Trip Menu 9-12



March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1	2
<p>Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>				
5	6	7	8	9
<p>Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>				
12	13	14	15	16
<p>Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>				
19	20	21	22	23
<p>Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>				
26	27	28	29	30
<p>Turkey & Cheese Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots <i>Apple Sauce & Fruit</i> <i>Fruitable Juice (6oz)</i> <i>Whole Grain Cookie</i> <i>Milk</i></p>				

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Supper Menu

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1 BBQ Pork Patty on Hoagie Roll (2 G/B, 2 M/MA) Fruitable Juice (1/2 c) Fruit (1/4 c)	2 Cheeseburger (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Fruit (1/4 c)
5 Chicken Patty Burger (2M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Apple Sauce (1/2 c)	6 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its(1 G/B) Fruit (1/2 c)	7 Beef Chili (2 M/MA, 1/2 c veg) Popped Corn Chips (2 G/B) Sliced Apple (1/2 c)	8 Corn Dog (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) 100% Fruit Juice (1/2 c)	9 Carnitas Torta w/ Beans (2M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/4 c)
12 Spaghetti & Meat Sauce (2 M/MA, 1 G/B, 1/2 c veg) Apple Sauce (1/2 c)	13 Turkey & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/4 c)	14 Teriyaki Chicken (2 M/MA) "Not So Fried" Rice (1 G/B, 1/2 c veg) Sliced Apple (1/2 c)	15 BBQ Pork Meatballs (2 M/MA) Mashed Potatoes (1/2 c veg) Corn Muffin (1 G/B) 100% Fruit Juice (1/2 c)	16 Cheeseburger (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Fruit (1/4 c)
19 Hot Dog (2 M/MA, 2 G/B) Oven Baked Fries (1/2 c veg) Apple Sauce (1/2 c)	20 Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/4 c)	21 Carnitas Nachos (2 M/MA, 1/2 c veg) Tortilla Chips (2 G/B) Sliced Apple (1/2 c)	22 Pizza Bagel Pepperoni & Mushrooms (2 M/MA, 1 GB, 1/2 c veg) 100% Fruit Juice (1/2 c)	23 Green Chicken Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Fruit (1/4 c)
26 Chicken Nuggets (2 M/MA) Mashed Potatoes (1/2 c veg) Apple Sauce (1/2 c)	27 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Fruit (1/2 c)	28 Chicken Burrito (2M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Hot Sauce Sliced Apple (1/2 c)	29 Beef Nacho Fries (2 M/MA, 2 G/B, 1/2 c veg) 100% Fruit Juice (1/2 c)	30 Mac & Cheese (2 M/MA, 2 G/B, 1/2 c veg) Fruit (1/4 c)

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Supper includes: 2 oz Meat/Meat Alternative, 1/2 Cup Vegetable
1/4 Cup Fruit, 1 Cup Milk (flavored fat-free or unflavored low-fat)
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Vegetarian Supper Menu

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1 Green Cheese Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) 100% Fruit Juice (1/2 c)	2 Bean & Cheese Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots w/ Tajin Fruit (1/4 c)
5 Green Cheese Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Apple Sauce (1/2 c)	6 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its(1 G/B) Fruit (1/2 c)	7 Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) Sliced Apple (1/2 c)	8 Cheese Ravioli (2 M/MA, 1 GB, 1/2 c veg) Fruit (1/4 c)	9 Bean & Cheese Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots w/ Tajin Fruit (1/4 c)
12 Green Cheese Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Apple Sauce (1/2 c)	13 Wowbutter Sandwich (2 M/MA, 2 G/B) Fruitable Juice (1/2 c) Fruit (1/4 c)	14 Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) Sliced Apple (1/2 c)	15 Cheese Ravioli (2 M/MA, 1 GB, 1/2 c veg) Fruit (1/4 c)	16 Bean & Cheese Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots w/ Tajin Fruit (1/4 c)
19 Green Cheese Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Apple Sauce (1/2 c)	20 Wowbutter Sandwich (2 M/MA, 2 G/B) Fruitable Juice (1/2 c) Fruit (1/4 c)	21 Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) Sliced Apple (1/2 c)	22 Cheese Ravioli (2 M/MA, 1 GB, 1/2 c veg) Fruit (1/4 c)	23 Green Cheese Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Fruit (1/4 c)
26 Green Cheese Enchiladas (2 M/MA, 2 G/B, 1/2 c veg) Apple Sauce (1/2 c)	27 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) Cheez-its (1 G/B) Fruit (1/2 c)	28 Cheese Tamale (2 M/MA, 2 G/B) Mixed Vegetables (1/2 c veg) Sliced Apple (1/2 c)	29 Bean & Cheese Burrito (2M/MA, 2 G/B) Hot Sauce Baby Carrots w/ Tajin 100% Fruit Juice (1/2 c)	30 Cheese Ravioli (2 M/MA, 1 GB, 1/2 c veg) Fruit (1/4 c)

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Supper includes: 2 oz Meat/Meat Alternative, 1/2 Cup Vegetable
1/4 Cup Fruit, 1 Cup Milk (flavored fat-free or unflavored low-fat)
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Snack Menu

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	1 Rice Krispies Treats Fruit (3/4 c)	2 Cheese Puffs 100% Fruit Juice (6 oz)
5 Cheez-its 100% Fruit Juice (6 oz)	6 Sunbutter Cup Graham Crackers	7 Baked Chips 100% fruit Juice (6 oz)	8 Rice Krispies Treats Fruit (3/4 c)	9 Pretzels 100% Fruit Juice (6 oz)
12 Cheese Puffs 100% Fruit Juice (6 oz)	13 Apple Cinnamon Dipper Whole Grain Bites	14 Chex Mix 100% Fruit Juice (6 oz)	15 Oatmeal Bar Fruit (3/4c)	16 Strawberry Delight 100% Fruit Juice (6oz)
19 Multi-Grain Bar 100% Fruit Juice (6 oz)	20 String Cheese Corn Nuggets	21 Honey Sunflower Seeds 100% Fruit Juice (6 oz)	22 Baked Chips Fruit (3/4 c)	23 Whole Grain Bites 100% Fruit Juice (6oz)
26 Cinnamon Granola 100% Fruit Juice (6oz)	27 Hummus Cup Wheat Crackers	28 Cereal Pouch 100% Fruit Juice (6 oz)	29 Rice Krispies Treats Fruit (3/4 c)	30 Cheese Puffs 100% Fruit Juice (6 oz)

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Snack includes 2 items: grain, fruit, protein or milk.

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