



### Breakfast is available at NO charge

All breakfast meals include a whole grain breakfast food OR cold cereal. Meals include a fresh fruit, canned fruit or 100% fruit juice and milk



### Lunch is available at NO charge

All lunch meals include: 2oz. protein, 1 grain/bread, one cup veggie/fruit combination and 8oz low fat or fat free milk

**Milk (other than with a meal) must be paid with cash or student account**

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Beef Nachos with Cheese  
Black Bean & Corn Salsa  
Corn Muffin, OR  
SunButter & Jelly Sandwich  
Veggie, Fruit and Milk **1**

BBQ Pork Rib Sandwich  
Creamy Coleslaw, OR  
Muffin, Yogurt & Cheese Stick  
Frozen Fruit Juice Cup  
Veggie, Fruit and Milk **2**

Stuffed Mozzarella  
Pizza Stick, Marinara Sauce  
OR, Managers Choice  
Marinated Cucumber Salad  
Veggie, Fruit and Milk **3**

Crispy Chicken Tenders  
Rice Pilaf and Green Beans OR  
Bagel, Yogurt and Cheese Stick  
Veggie, Fruit and Milk **6**

Meatball Grinder with  
Mozzarella Cheese,  
Caesar Salad, OR Chicken Caesar  
Salad  
Veggie, Fruit & Milk **7**

Whole Grain Waffle  
Sticks W/ Strawberries,  
Sausage, Hash Brown, OR  
Sunbutter & Jelly Sandwich  
Veggie, Fruit & Milk **8**

All Beef Hot Dog on a  
Whole Grain Roll, Baked  
Beans, OR Veggie Burger  
Veggie, Fruit and Milk **9**

Cheese Pizza Wedge  
Veggie Sticks With  
Hummus, OR Fruit & Yogurt  
Parfait W/Granola  
Veggie, Fruit and Milk **10**

Chicken Nuggets With  
Dipping Sauce, Biscuit,  
Seasoned Corn, OR Bagel,  
Yogurt and Cheese Stick  
Veggie, Fruit and Milk **13**

**EARLY DISMISSAL**  
Turkey & Cheese Grinder  
Baked Chips, Fresh Veggies & Dip  
OR Manager's Choice  
Veggie, Fruit and Milk **14**

**EARLY DISMISSAL**  
Baked Pretzel, Yogurt  
and Cheese Stick, OR Manager's  
Choice  
Veggie, Fruit and Milk **15**

**EARLY DISMISSAL**  
Beef & Cheese Taco Stick,  
OR Manager's Choice,  
Carrot Sticks W/Hummus  
Veggie, Fruit and Milk **16**

 **St. Patrick's Day**  
**Professional Development**  
**No School** **17**

Chicken Sandwich With  
Potato Wedges, OR  
Stacy's Pita Chips With Hummus  
Veggie, Fruit and Milk **20**

Mozzarella Cheese  
Sticks With Marinara  
Sauce, Tossed Salad, OR Muffin,  
Yogurt, Cheese Stick  
Veggie, Fruit and Milk **21**

Whole Grain Pasta With  
Meat Sauce and  
Parmesan Cheese, Green Leaf  
Salad, OR Deli Sandwich  
Veggie, Fruit and Milk **22**

Cheeseburger on a  
Whole Grain Roll With  
Onion Rings, OR Chicken  
Quesadilla  
Veggie, Fruit and Milk **23**

Personal Pan Pizza With  
Broccoli Salad, OR  
Fish Filet & Cheese Sandwich  
Veggie, Fruit and Milk **24**

Popcorn Chicken Bowl  
With Mashed Potatoes,  
Gravy and Corn, OR Sunbutter &  
Jelly Sandwich, Cheese Stick  
Veggie, Fruit and Milk **27**

Cheese Lasagna Roll-  
Up With Sauce, Garden  
Salad, OR Bagel, Yogurt, Cheese  
Stick  
Veggie, Fruit and Milk **28**

Creamy Macaroni &  
Cheese, Broccoli, Dinner  
Roll, OR Yogurt Parfait With  
Granola  
Veggie, Fruit and Milk **29**

Egg, Cheese and  
Sausage on a Croissant,  
Hash Brown Potatoes, OR Deli  
Wrap  
Veggie, Fruit and Milk **30**

French Bread Pizza With  
Veggie Sticks &  
Hummus, OR Manager's Choice  
Veggie, Fruit and Milk **31**