

Breakfast Pre-K

MARCH 2024

MON	TUE	WED	THU	FRI
4 Multi-Grain Frosted Flakes w/ 100% Grape Juice	5 Yogurt w/ Fresh Apple Slices	6 Rice Chex w/ 100% Apple Juice	7 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	8 Banana Muffin w/ Diced Peaches
11 Blueberry Muffin w/ 100% Fruit Juice	12 Multi-Grain Cinnamon Flakes w/ Diced Peaches	13 Multi-Grain Cheerios w/ Fresh Apple Slices	14 Yogurt w/ 100% Orange Juice	15 Cheerios w/ 100% Grape Juice
18 Multi-Grain Frosted Flakes w/ 100% Grape Juice	19 Yogurt w/ Fresh Apple Slices	20 Honey Cheerios w/ Mixed Fruit Cup	21 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	22 Banana Muffin w/ 100% Fruit Juice
25 Blueberry Muffin w/ 100% Fruit Juice	26 Multi-Grain Cheerios w/ 100% Orange Juice	27 Corn Muffin w/ Fresh Apple Slices	28 Yogurt w/ 100% Orange Juice	29 Cheerios w/ 100% Grape Juice

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



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Breakfast K-12

MARCH 2024

MON	TUE	WED	THU	FRI
4 Banana Muffin Raisins & Applesauce	5 Strawberry Yogurt w/ Graham Crackers or Apple Frudel Apple Slices & Diced Pineapple	6 Multi-Grain Frosted Flakes w/Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	7 Cinnamon Toast Crunch w/Graham Crackers or Pancakes w/ Syrup Apple Slices & 100% Orange Juice	1 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
11 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	12 Strawberry Yogurt w/ Graham Crackers (V) or Mini Sausage & Cheese Flatbread Apple Slices & Diced Pineapple	13 Honey Cheerios w/ Graham Crackers or Cinnamon Butter Honey Biscuit Diced Peaches & 100% Grape Juice	14 Plain Bagel w/ Cream Cheese or Cinnamon Bun Apple Slices & 100% Orange Juice	15 Apple Jacks w/Graham Crackers Raisins & 100% Grape Juice
18 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	19 Strawberry Yogurt w/ Graham Crackers or Pancakes w/ Syrup Apple Slices & Diced Pineapple	20 Cinnamon Raisin Bagel w/ Butter or French Toast w/ Syrup Diced Peaches & 100% Grape Juice	21 Honey Cheerios w/ Graham Crackers or Cinnamon Bun Apple Slices & 100% Orange Juice	22 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
25 Cinnamon Crisp Bar Raisins & 100% Grape Juice	26 Strawberry Yogurt w/ Graham Crackers (V) or Breakfast Pizza Apple Slices & Diced Pineapple	27 Multi-Grain Cinnamon Flakes w/Graham Crackers or Apple Frudel Diced Peaches & 100% Grape Juice	28 Plain Bagel w/ Cream Cheese or Waffles w/ Syrup Apple Slices & 100% Orange Juice	29 Blueberry Muffin Fresh Orange & 100% Very Berry Juice

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Lunch Pre-K

MARCH 2024

MON

TUE

WED

THU

FRI

4	Beef Burger w/ Ketchup & Green Beans or Spanish Rice & Beans w/ Plantain (V) Apple Slices	5	Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	6	NEW! Turkey Salsa Bow w/ Ranchero Rice & Pinto Beans or Home Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	7	Meatloaf w/ Gravy & Mashed Potatoes or Penne w/ Chickpeas in Tomato Sauce (V) Orange Slices	8	Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple	1	Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple																				
11	Chicken Parmesan w/ Green Beans or Penne Pasta in Tomato Sauce w/ Mozzarella Cheese & Italian Vegetables (V) Apple Slices	12	Spanish Rice & Beans w/ Plantain (V) Fresh Apple	13	Salisbury Steak w/ Roasted Potatoes or Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	14	BBQ Chicken w/ Sweet Mashed Potatoes or Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	15	Turkey Fajita w/ Brown Rice & Corn or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple	18	Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll or Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Apple Slices	21	Penne w/ Beef Meat Sauce & Italian Vegetables or Penne w/ Tomato Sauce & Chickpeas (V) Broccoli Orange slices	22	Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	25	Chicken Bites w/ Roasted Potatoes or Vegetarian Chili w/ Brown Rice & Green Beans Apple Slices	19	Chicken Mole w/ Brown Rice Plat & Green Peas or Spanish Rice & Beans w/ Plantain (V) Fresh Pear	20	Chicken Fingers w/ Ketchup or Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	23	Penne w/ Tomato Sauce & Broccoli (V) Fresh Apple	26	Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables or Spanish Rice & Beans w/ Plantain (V) Fresh Apple	27	Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V) Fresh Pear	28	Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	29	Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple

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Lunch K-8

MARCH 2024

MON	TUE	WED	THU	FRI
<p>4</p> <p>Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple</p>	<p>5</p> <p>Beef Meatballs in Tomato Sauce w/ Club Roll or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear</p>	<p>6</p> <p>Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple</p>	<p>7</p> <p>Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana</p>	<p>1</p> <p>Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>11</p> <p>Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple</p>	<p>12</p> <p>BBQ Chicken w/ Brown Rice & Baked Beans or Chickpea Marinara Pasta (V) Fresh Pear</p>	<p>13</p> <p>Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing or Cheese Raviolis w/ Green Beans (V) Fresh Apple</p>	<p>14</p> <p>Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana</p>	<p>15</p> <p>Chicken Salad Sandwich or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple</p>
<p>18</p> <p>BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple</p>	<p>19</p> <p>Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Fresh Pear</p>	<p>20</p> <p>Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple</p>	<p>21</p> <p>Chicken Caesar Salad w/ Pita Bread or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana</p>	<p>22</p> <p>Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>
<p>25</p> <p>Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple</p>	<p>26</p> <p>NEW! Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear</p>	<p>27</p> <p>Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple</p>	<p>28</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Fresh Banana</p>	<p>29</p> <p>Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple</p>

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Lunch Milk Choices
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Skim Unflavored Milk

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Lunch 9-12

MARCH 2024

MON	TUE	WED	THU	FRI
<p>4 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pita, Black Beans & Tomato (V) Fresh Apple & Fresh Orange</p>	<p>5 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear</p>	<p>6 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple</p>	<p>7 Adobo Chicken w/ Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana</p>	<p>1 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>11 Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange</p>	<p>12 BBQ Chicken w/ Brown Rice & Baked Beans or Chickpea Marinara Pasta (V) Diced Peaches & Fresh Pear</p>	<p>13 Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple</p>	<p>14 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana</p>	<p>15 Chicken Salad Sandwich or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>18 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange</p>	<p>19 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear</p>	<p>20 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple</p>	<p>21 Chicken Caesar Salad w/ Pita Bread or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana</p>	<p>22 Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>
<p>25 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange</p>	<p>26 NEW! Turkey Sals a Bow w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear</p>	<p>27 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli or Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Banana & Fresh Apple</p>	<p>28 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana</p>	<p>29 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins</p>

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices
1% Unflavored Milk
Skim Unflavored Milk

Please Note

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Snack K-12

MARCH 2024

MON	TUE	WED	THU	FRI
4 Whole-Grain Pretzels w/ 100% Orange Juice	5 Whole-Grain Graham Crackers w/ 100% Fruit Juice	6 Blueberry Muffin w/ Mozzarella String Cheese	7 Whole-Grain Cheez-its w/ 100% Fruit Juice	1 Whole-Grain Graham Crackers w/ 100% Orange Juice
11 Whole-Grain Cheez-its w/ 100% Fruit Juice	12 Doritos Cool Ranch w/ 100% Orange Juice	13 Whole-Grain Graham Crackers w/ 100% Apple Juice	14 Apple Cinnamon Muffin w/ Mozzarella String Cheese	15 Whole-Grain Pretzels w/ 100% Orange Juice
18 Banana Muffin w/ 100% Orange Juice	19 Baked Cheetos w/ 100% Fruit Juice	20 Whole-Grain Graham Crackers w/ Strawberry Yogurt	21 Whole-Grain Pretzels w/ Mozzarella String Cheese	22 Corn Muffin w/ 100% Orange Juice
25 Roasted Sunflower Seeds w/ 100% Fruit Juice	26 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	27 Whole Grain Sunchips w/ 100% Orange Juice	28 Mozzarella String Cheese w/ Fresh Large Apple	29 Whole-Grain Graham Crackers w/ 100% Orange Juice

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Supper Full Fresh

MARCH 2024

MON	TUE	WED	THU	FRI
4 Beef Burger w/ Ketchup & Green Beans Apple Slices	5 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	6 NEW! Turkey Salsa Bowl w/ Ranchero Rice & Seasoned Pinto Beans Fresh Apple	7 Turkey & Cheese Sandwich Garden Side Salad w/ Ranch Dressing Pineapple Cup	1 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
11 Chicken Parmesan w/ Green Beans Apple Slices	12 Hero Sandwich w/ Potato Salad Fresh Orange	13 Salisbury Steak w/ Roasted Potatoes Fresh Pear	14 Honey Bagel w/ Butter & Mozzarella String Cheese(V) Garden Side Salad w/Ranch Dressing Fresh Apple	15 Turkey Fajita w/ Brown Rice and Corn Fresh Apple
18 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese Italian Vegetables Apple Slices	19 Chicken Breast Sandwich w/ Baby Carrots & Ranch Dressing Fresh Pear	20 Chicken Fingers w/ Ketchup & Corn Fresh Apple	21 Turkey & Cheese Sandwich Garden Side Salad w/Ranch Dressing Pineapple Cup	22 Home-Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple
25 Chicken Bites w/ Roasted Potatoes Apple Slices	26 Hero Sandwich w/ Potato Salad Fresh Apple	27 Adobo Chicken w/ Cilantro Brown Rice & Street Corn Fresh Pear	28 Honey Bagel w/ Butter Mozzarella String Cheese(V) Garden Side Salad w/ Ranch Dressing Fresh Orange	29 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple

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Milk Choices

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- Skim Unflavored Milk

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Supper Grab&Go

MARCH 2024

MON

TUE

WED

THU

FRI

4
Sunbutter & Jelly
Sandwich w/ Mozzarella
String Cheese (V)
Baby Carrots
Diced Peaches

5
Chicken Breast Sandwich
w/ Baby Carrots &
Pineapple Cup
or
Cheese Sandwich w/
100% Vegetable Juice &
Pineapple
Cup (V)

11
Strawberry Yogurt w/
Granola Drops (V)
Baby Carrots
Applesauce

12
Egg Salad Sandwich w/
Potato Salad & Diced
Peaches (V)
or
Build Your Own Pizza Kit
(V)
Fresh Orange

18
Sunbutter & Jelly
Sandwich w/ Mozzarella
String Cheese (V)
Baby Carrots
Diced Peaches

19
Italian Caprese Sandwich
w/ Potato Salad
or
Cheese Sandwich w/
100% Vegetable Juice (V)
Pineapple Cup

7
Chicken Salad Sandwich
Side Salad w/ Ranch
Dressing
Fresh Pear
or
Honey Bagel w/ Butter (V)
Mozzarella Cheese Sticks
Side Salad w/ Ranch
Dressing
Pineapple Cup

14
Honey Bagel w/ Butter (V)
Mozzarella Cheese Sticks
Garden Side Salad w/
Ranch Dressing
Pineapple Cup

21
Chicken Salad Sandwich
Side Salad w/ Ranch
Dressing & Fresh Pear
or
Honey Bagel w/ Butter (V)
Mozzarella Cheese Sticks
Side Salad w/ Ranch
Dressing
Pineapple Cup

8
Turkey Ham & Cheese
Sandwich w/ 100%
Vegetable Juice
or
Strawberry Yogurt w/
Granola Drops (V)
Baby Carrots
Applesauce

15
Turkey & Cheese
Sandwich w/ 100%
Vegetable Juice & Fresh
Orange
or
Cheese Sandwich w/ 100%
Vegetable Juice &
Pineapple Cup (V)

22
Turkey Ham & Cheese
Sandwich w/ 100%
Vegetable Juice
or
Strawberry Yogurt w/
Granola Drops (V) Baby
Carrots
Applesauce

25
Strawberry Yogurt w/
Granola Drops (V)
Baby Carrots
Applesauce

26
Egg Salad Sandwich w/
Potato Salad & Diced
Peaches (V)
or
Build Your Own Pizza Kit
(V)
Fresh Orange

27
Buffalo Chicken Flatbread
Sandwich w/ Celery &
Fresh Apple
or
Sunbutter & Jelly
Sandwich w/ String
Cheese, Baby Carrots &
Diced Peaches (V)

28
Honey Bagel w/ Butter (V)
Mozzarella Cheese Sticks
Garden Side Salad w/
Ranch Dressing
Pineapple Cup

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