

Breakfast Pre-K

MARCH 2024

MON	TUE	WED	THU	FRI
				1 Cheerios w/ 100% Grape Juice
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
				1 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
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	8 Cinnamon Crisp Bar Raisins & 100% Grape 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

				1 Penne Pasta in Tomato Sauce w/ Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
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 Bowl 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) Broccoli Orange Slices	8 Cheese Pizza (V) Garden Salad w/ Ranch Dressing 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	19 Chicken Mole w/ Brown Rice Pilaf & 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	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	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

4
Chicken Nuggets w/
Ketchup & Baked Beans
or
Falafel Bites w/ Quinoa
Pilaf, Black Beans &
Tomato (V)

Fresh Apple

5
Beef Meatballs in Tomato
Sauce w/ Club Roll
or
Home-Style Macaroni &
Cheese (V)

Broccoli

Fresh Pear

6
Hot Honey Chicken Ciabatta
Sandwich
or
French Toast Sticks w/
Scrambled Eggs (V)

Roasted Sweet Potatoes

Fresh Apple

7
Adobo Chicken w/ Cilantro
Brown Rice & Street Corn
or
Veggie Burger w/ Ketchup
& Roasted Potatoes (V)

Fresh Banana

1
Turkey & Cheese Sandwich
w/ Mayonnaise
or
Cheese Pizza (V)

Baby Carrots w/ Ranch
Dressing

Fresh Apple

8
Egg Salad Sandwich (V)
or
French Bread Cheese
Pizza (V)

Celery w/ Ranch Dressing

Fresh Apple

11
Meatloaf w/ Gravy, Mashed
Potatoes & Dinner Roll
or
Cheese Quesadilla w/ Sour
Cream and Street Corn (V)

Fresh Apple

12
BBQ Chicken w/ Brown
Rice & Baked Beans
or
Chickpea Marinara Pasta
(V)

Fresh Pear

13
Buffalo Chicken Melt
Flatbread
Celery Sticks w/ Ranch
Dressing
or
Cheese Raviolis w/ Green
Beans (V)

Fresh Apple

14
Turkey Fajita w/ Brown Rice
& Carrots
or
Stuffed Bread Sticks w/
Marinara Sauce & 100%
Vegetable Juice (V)

Fresh Banana

15
Chicken Salad Sandwich
or
Cheese Pizza (V)

Garden Salad w/ Ranch
Dressing

Fresh Apple

18
BBQ Beef Meatballs w/
Club Roll
or
Pasta w/ Tomato Sauce &
Mozzarella Cheese (V)

Broccoli

Fresh Apple

19
Chicken Tenders w/
Ketchup & Roasted
Potatoes
or
Protein Pasta Alfredo w/
Peas (V)

Fresh Pear

20
Turkey Hot Dog w/ Ketchup
& Baked Beans
or
Spanish Rice w/ Beans &
Cheese (V)

Fresh Apple

21
Chicken Caesar Salad w/
Pita Bread
or
Cheese Lasagna in
Tomato Sauce w/ Green
Beans (V)

Fresh Banana

22
Chicken Breast
Sandwich w/ Mayo
or
French Bread Cheese
Pizza (V)

Baby Carrots w/ Ranch
Dressing

Fresh Apple

25
Beef Cheeseburger w/
Ketchup
or
Egg & Cheese Sandwich w/
Ketchup (V)

Roasted Potatoes

Fresh Apple

26
NEW! Turkey Salsa Bowl
w/ Ranchero Rice & Pinto
Beans
or
Spanish Rice w/ Beans &
Cheese (V)

Fresh Pear

27
Spaghetti & Beef Meatballs
in Tomato Sauce w/ Broccoli
or
Veggie Burger w/ Ketchup
Garden Side Salad w/Ranch
Dressing (V)

Fresh Apple

28
Crispy Cheesy Chicken
Biscuit Sandwich
Celery Sticks w/ Ranch
Dressing
or
Cobb Salad w/ Pita Bread
(V)

Fresh Banana

29
Turkey & Cheese Sandwich
w/ Mayonnaise
or
Cheese Pizza (V)

Baby Carrots w/ Ranch
Dressing

Fresh Apple

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Lunch 9-12

MARCH 2024

MON	TUE	WED	THU	FRI
				1 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
4 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple & Fresh Orange	5 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	6 Hot Honey Chicken Ciabatta Sandwich or French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	7 Adobo Chicken w/Cilantro Brown Rice & Street Corn or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Diced Pineapple & Fresh Banana	8 Egg Salad Sandwich (V) or French Bread Cheese Pizza (V) Celery Sticks w/ Ranch Dressing Fresh Apple & Raisins
11 Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll or Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple & Fresh Orange	12 BBQ Chicken w/ Brown Rice & Baked Beans or Chickpea Marinara Pasta (V) Diced Peaches & Fresh Pear	13 Buffalo Chicken Melt Flatbread & Celery Sticks w/ Ranch Dressing or Edamame Noodle Bowl w/ Blended Vegetables (V) Fresh Banana & Fresh Apple	14 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana	15 Chicken Salad Sandwich or Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple & Raisins
18 BBQ Beef Meatballs w/ Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange	19 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear	20 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple	21 Chicken Caesar Salad w/ Pita Bread or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana	22 Chicken Breast Sandwich w/ Mayo or French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
25 Beef Cheeseburger w/ Ketchup or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange	26 NEW! Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear	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	28 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	29 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins

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Skim Unflavored Milk

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Snack K-12

MARCH 2024

MON	TUE	WED	THU	FRI
				1 Whole-Grain Graham Crackers w/ 100% Orange Juice
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	8 Tostitos Scoops w/ 100% Apple 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
				1 Penne w/ Tomato Sauce, Mozzarella & Ricotta Cheese (V) Italian Vegetables Fresh Apple
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	8 Cheese Pizza (V) Garden Side Salad w/ Ranch Dressing 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)

6

Build Your Own Pizza Kit (V)
Fresh Orange

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

1

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

8

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

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

13

Turkey Bologna & Cheese Sandwich w/ Baby Carrots
Fresh Apple
or
Sunbutter & Jelly Sandwich w/ String Cheese, Baby Carrots & Diced Peaches (V)

14

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

15

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

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

20

Build Your Own Pizza Kit (V)
Fresh Orange

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

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

29

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

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