

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"



This institution is an equal opportunity provider.

Breakfast K-5

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-5

MARCH 2024

MON

TUE

WED

THU

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				1 Turkey & Cheese Sandwich w/ Mayonnaise or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
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	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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Supper Grab&Go

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