

Breakfast - Apple Tree

March 2023

MON	TUE	WED	THU	FRI
National School Breakfast Week March 6-10, 2023	DIG IN TO SCHOOL BREAKFAST™	1 Rice Chex 100% Apple Juice Rice Chex	2 Cinnamon Raisin Bagel Butter 100% Fruit Juice Cinnamon Raisin Bagel	3 Banana Muffin 100% Fruit Juice Banana Muffin
		6 Blueberry Muffin 100% Fruit Juice	7 Multi-Grain Cheerios 100% Orange Juice	8 Corn Muffin Fresh Apple
		9 4 oz Yogurt 100% Orange Juice	10 Cheerios 100% Grape Juice	13 Multi-Grain Flakes 100% Grape Juice
		14 4 oz Yogurt 100% Orange Juice 4 oz Yogurt		
		15 Rice Chex 100% Apple Juice Rice Chex		
		16 Cinnamon Raisin Bagel Butter 100% Fruit Juice Cinnamon Raisin Bagel		
20 Blueberry Muffin 100% Fruit Juice Blueberry Muffin	21 Multi-Grain Cheerios 100% Orange Juice Multi-Grain Cheerios	22 Corn Muffin Fresh Apple Corn Muffin	23 4 oz Yogurt 100% Orange Juice 4 oz Yogurt	24 Cheerios 100% Grape Juice Cheerios
27 Multi-Grain Frosted Flakes 100% Grape Juice	28 4 oz Yogurt 100% Orange Juice	29 Rice Chex 100% Apple Juice	30 Cinnamon Raisin Bagel Butter 100% Fruit Juice	31 Banana Muffin 100% Fruit Juice

Did You Know?

All grain products are whole grain 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



WHITSONS®
Prepared Meals

Lunch - Apple Tree

March 2023

MON	TUE	WED	THU	FRI
		1 WG Chicken Fingers w/ Ketchup Veggie Burger w/ Ketchup Corn Apple	2 Penne Beef Meat Sauce Chicken Tamale Italian Vegetables Pineapple Cup	3 Home Style Macaroni & Cheese Turkey & Cheese Sandwich w/ Mayo Broccoli Apple
6 WG Chicken Bites Roasted Potatoes Falafel Nuggets Corn Applesauce	7 Beef Chili Mixed Vegetables Spanish Rice & Beans Plantains Apple	8 Cheese Ravioli's with Tomato Sauce Italian Vegetables Labeled Cheese Ravioli's Tomato Sauce Italian Vegetables Pear	9 Chicken Strips w/ Honey Mustard Green Beans Home Style Macaroni & Low-Fat Cheese Broccoli Orange	10 Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Pears
13 Beef Burger w Ketchup Green Beans Spanish Rice & Beans Plantains Apple	14 Chicken Fingers w/ Ketchup Corn Falafel Nuggets Corn Orange	15 Chicken Alfredo Broccoli Home Style Macaroni & Low- Fat Cheese Broccoli Apple	16 BBQ Chicken Sweet Mashed Potatoes CN Labeled Cheese Ravioli's with Tomato Sauce It alian Vegetables Pineapple Cup	17 Cheese Pizza Garden Salad w/ Ranch Dressing Apple
20 Chicken Parmesan Green Beans WG Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Apple	21 Spanish Rice & Beans Plantains Spanish Rice & Beans Plantains Orange	22 Salisbury Steak Roasted Potatoes Falafel Nuggets Corn Peach Cup	23 Caribbean Pineapple Chicken Carrots Home Style Macaroni & Low-Fat Cheese Broccoli Apple	24 Meatloaf w/ Gravy Mashed Potatoes Cheese Pizza Garden Salad w/ Ranch Dressing Pear
27 Turkey Fajita Brown Rice Cheese Ravioli's with Tomato Sauce Italian Vegetables Apple Sauce	28 Chicken Mole w/ Brown Rice Pilaf Brown Rice Pilaf Spanish Rice & Beans Plantains Pear	Chicken Fingers w/ Ketchup Falafel Nuggets Corn Apple	Penne Beef Meatsauce Penne w/ Tomato Sauce & Low-Fat Mozzarella Cheese Italian Vegetables Pineapple Cup	Home Style Macaroni & Cheese Broccoli Apple

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This institution is an equal opportunity provider.

Breakfast K-5

March 2023

MON	TUE	WED	THU	FRI
National School Breakfast Week March 6-10, 2023	DIG IN TO SCHOOL BREAKFAST™	1 Waffles Diced Peaches & 100% Grape Juice Banana Muffin Raisins & Applesauce	2 Pancakes Cinnamon Toast Crunch w/ Graham Crackers Applesauce & 100% Orange Juice	3 Cinnamon Crips Bar Raisins & 100% Grape Juice
		6 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	7 Waffles Diced Pineapple & 100% Apple Juice Strawberry Yogurt w/ Graham Crackers Fresh Apple & Diced pineapple	8 French Toast Honey Bunches of Oats Cereal Graham Crackers Diced Peaches & 100% Grape Juice
		13 Cinnamon Crisp Bar Raisins & 100% Grape Juice	9 Cinnamon Bun Plain Bagel Cream Cheese Applesauce & 100% Orange Juice	10 Cinnamon Flakes Cereal Graham Crackers Fresh Banana & 100% Pineapple Juice
		14 Pancakes Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	15 Apple Frudel Cinnamon Flakes Cereal Graham Crackers Diced Peaches & 100% Grape Juice	16 Waffles Plain Bagel Cream Cheese Applesauce & 100% Orange Juice
		20 MultiGrain Cheerios Graham Crackers Cranberries & 100% Fruit Juice	17 Blueberry Muffin Fresh Banana & 100% Pineapple Juice	21 Pancakes Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice
27 Multi-Grain Frosted Flakes Graham Crackers Diced Peaches & 100% Grape Juice	28 Apple Frudel Diced Pineapple & 100% Apple Juice Strawberry Yogurt Graham Crackers Fresh Apple & Diced Pineapple	22 French Toast Cinnamon Raisin Bagel Butter Diced Peaches & 100% Grape Juice	23 Cinnamon Bun Honey Bunches of Oats Graham Crackers Applesauce & 100% Orange Juice	24 Cherry Cocoa Bar Fresh Banana & 100% Pineapple Juice
		29 Waffles Diced Peaches & 100% Grape Juice Banana Muffin Raisins & Applesauce	30 Pancakes Applesauce & 100% Orange Juice Cinnamon Toast Crunch Graham Crackers Applesauce & 100% Orange Juice	31 Cinnamon Crisp Bar Raisins & 100% Grape Juice

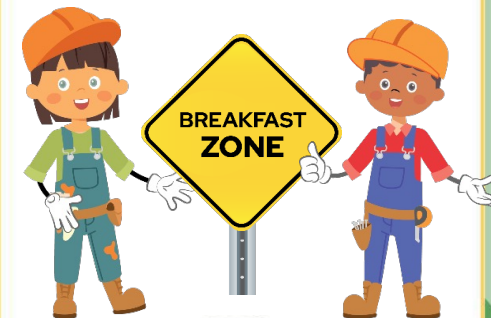
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Prepared Meals

Lunch K-5

March 2023

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		1 Beef Meatloaf w/ Gravy Veggie Burger w/ Ketchup Mashed Potatoes Fresh Apple	2 French Toast Sticks w/ Scrambled Eggs Roasted Sweet Potatoes Chicken Tamale Spanish Brown Rice & Beans Refried Beans	3 French Bread Cheese Pizza Turkey & Cheese Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Fresh Apple
6 Cheese Quesadilla w/ Sour Cream Mexican Corn Salad Beef Salisbury w/ Gravy Roasted Potatoes Fresh Apple	7 Chicken & Vegetable Dumplings Oriental Vegetables Cheese Lasagna w/ Tomato Sauce Green Beans Fresh Pear	8 BBQ Chicken Brown Rice Baked Beans Chickpea Marinara w/ Cheese Fresh Apple	9 Stuffed Bread Sticks Marinara Dipping Sauce 100% Sun Splash Juice Turkey Fajita Brown Rice Carrots Banana	10 Cheese Pizza Chicken Breast Sandwich w/ Mayo Garden Side Salad w/ Ranch Fresh Apple
13 Cheese Beef Burger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup Roasted Potatoes Fresh Apple	14 Fajita Chicken Black Beans & Tomatoes Spanish Rice w/ Cheese & Beans Fresh Pear	15 Beef Meatballs w/ Tomato Sauce & Parm Cheese Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Fresh Apple	16 Cheese Raviolis Green Beans Cobb Salad Pita Bread Fresh Banana	17 Turkey & Cheese w/ Mayo Baby Carrots w/ Ranch Dressing French Bread Cheese Pizza Baby Carrots w/ Ranch Dressing Fresh Apple
20 BBQ Beef Meatballs Broccoli Pasta w/ Tomato Sauce & Mozzarella Cheese Fresh Apple	21 Turkey Hot Dog w/ Ketchup Baked Beans Spanish Rice w/ Cheese & Beans Fresh Pear	22 Chicken Tenders w/ Ketchup Roasted Potatoes Protein Pasta Alfredo (WGR Breeding) Peas	23 Cheese Lasagna w/ Tomato Sauce Green Beans Chicken Caesar Salad Romaine Lettuce Fresh Banana	24 Cheese Pizza Chicken Breast Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Fresh Apple
27 Chicken Nuggets w/ Ketchup Falafel Bites Baked Beans Fresh Apple	28 Homemade Macaroni & Cheese Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese Broccoli Fresh Pear	Beef Meatloaf w/ Gravy Mashed Potatoes Veggie Burger w/ Ketchup Roasted Potatoes Fresh Apple	French Toast Sticks w/ Scrambled Eggs Roasted Sweet Potatoes Chicken Tamale Spanish Brown Rice & Beans Refried Beans Fresh Banana	French Bread Cheese Pizza Turkey & Cheese Sandwich w/ Mayo Baby Carrots w/ Ranch Dressing Fresh Apple

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