




K-8 March Menu 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Multigrain Cheerios cereal kit with juice Lunch Popcorn chicken bowl with gravy, mashed potatoes corn, cheddar cheese	3 Breakfast Cinnamon roll berry juice Lunch Chicken and waffles maple syrup carrot sticks ranch	4 Breakfast Strawberry yogurt with granola, apple juice Lunch Cheesy beef burrito with cheddar cheese refried beans, salsa sour cream	5 Breakfast Blueberry muffin top orange juice Lunch All-beef hot dog on a bun corn on the cob vegetarian baked beans	6 Breakfast Bagel, cream cheese berry juice Lunch French bread pizza tossed salad, Italian dressing diced beets
9 Breakfast Golden Grahams cereal kit with juice Lunch Southwestern beef bowl in a taco tub with seasoned rice black beans, salsa and sour cream	10 Breakfast Corn muffin, cheese stick grape juice Lunch Chicken teriyaki dippers crispy baked mashed potato emoticons, dinner roll margarine cup	11 Breakfast Vanilla yogurt apple nutrigrain bar, apple juice Lunch Pepperoni pizza, cucumber and tomato salad with Italian dressing	12 Breakfast Honey Wheat breakfast bar berry juice Lunch Chicken patty sandwich with lettuce and tomato roasted butternut squash	13 Breakfast Apple Jacks cereal kit with juice Lunch Grilled cheese sandwich steamed broccoli
16 Breakfast Cinnamon toast crunch cereal kit with juice Lunch Tangerine chicken, seasoned rice, sweet and spicy crispy roasted chickpeas	17 Breakfast Banana bread orange juice Lunch Beef nachos, cheddar dipping sauce, salsa carrot sticks, Shamrock frozen 100% juice cup	18 Breakfast Peach yogurt, honey graham bites, grape juice Lunch Cheeseburger on a bun with lettuce and tomato, potato spudsters <i>Keith, Normandin, Roosevelt 1/2 Day</i>	19 Breakfast Ubr cinnamon breakfast round, berry juice Lunch French toast sticks with maple syrup, turkey bacon celery sticks	20 Breakfast Apple Cinnamon Cheerios cereal kit with juice Lunch Max sticks, marinara dipping sauce, tossed salad with ranch dressing
23 Breakfast Trix cereal kit with juice Lunch Stuffed crust cheese pizza tomato and cucumber salad	24 Breakfast Cinnamon Chex cereal cheese stick, berry juice Lunch Mini corn dogs, ketchup vegetarian chili, fresh red pepper strips ranch dressing	25 Breakfast Strawberry banana yogurt honey graham bites, orange juice Lunch Baked turkey dinner with mashed potatoes, turkey gravy, dinner roll, margarine cup, steamed green beans	26 Breakfast Apple cinnamon muffin, cheese stick, apple juice Lunch Chicken drumstick dinner roll, margarine cup roasted baby baker potatoes snack pack carrots ranch dressing	27 Breakfast Frosted Flakes cereal kit with juice Lunch Baked mac and cheese steamed broccoli
30 Breakfast Multigrain Cheerios cereal kit with juice Lunch Popcorn chicken bowl with gravy, mashed potatoes corn, cheddar cheese	31 Breakfast Cinnamon roll berry juice Lunch Chicken and waffles maple syrup carrot sticks ranch			



Breakfast and Lunch are FREE for all Students

Breakfast Milk Choices
1% Plain & Nonfat Plain

Lunch Milk Choices
1% Plain & Nonfat Chocolate

Fresh Fruit and/or Chilled Fruit Cups Available Daily at Breakfast & Lunch.

Alternate Lunch Options Available Daily:

- PB & J Uncrustable with cheez it crackers and a cheese stick.
- Deli sandwich:
 - Monday: ham and cheese sandwich on wheat bread
 - Tuesday: bologna and cheese sandwich
 - Wednesday: turkey and cheese sandwich
 - Thursday: ham and cheese sandwich
 - Friday: bologna and cheese sandwich

Please Note:

- If you have a food allergy please speak to the school nurse and advise your kitchen manager.
- Menu is subject to change.

This institution is an equal opportunity provider.

