

Not only is breakfast the most important meal of the day, but it's also one of the keyways to maximize your daily energy and increase concentration throughout the whole day!

Breakfast: choice of 1% or fat-free milk; fruit available daily

All grains offered are whole grains rich

This institution is an equal opportunity provider

MARCH BREAKFAST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Applesauce Cup 100% Orange Juice Multigrain Cheerios W/G Original Tiger Bites Milk-8 oz.	4 Peach Applesauce Cup 100% Grape Juice Corn Flakes Cereal W/G Graham Crackers Milk-8 oz.	Fresh Pear W/G Croissant w/ Margarine Milk-8 oz.	6 Applesauce Cup 100% Fruit Punch W/G Honey Scooters W/G Graham Crackers Milk-8 oz.	7 Diced Pear Cup Orange Juice W/G Apple Cinnamon Poffitz Pancakes Milk-8 oz.
10 Mixed Fruit Cup 100% Apple Juice W/G Cinnamon Toasters W/G Corn Muffin Milk-8 oz.	11 Fresh Orange Multigrain Cheerios Apple Breakfast Bar Milk-8 oz.	Fresh Pear W/G White Bagel with Cream Cheese Milk-8 oz.	13 Diced Pear Cup 100% Fruit Punch W/G Poffitz Pancakes Milk-8 oz	NO SCHOOL
NO SCHOOL	18 Peach Applesauce Cup 100% Fruit Punch W/G Corn Flakes Cereal W/G Chocolate Tiger Bites Milk-8 oz.	19 Fresh Pear W/G Wheat Bagel w/ Cream Cheese Milk - 8oz	20 Fresh Orange W/G Pull Apart Glazed Cluster Milk-8 oz.	21 Mixed Fruit Cup 100% Apple Juice W/G Superdonut Milk-8 oz.
24 Fresh Apple W/G Rice Chex Cereal W/G Graham Crackers Milk-8 oz.	25 Applesauce Cup 100% Orange Juice W/G Cinnamon Poptarts Milk-8 oz.	26 Fresh Pear W/G Powdered Mini Donut Holes Milk-8oz	27 Diced Pear Cup 100% Straw-Kiwi Juice W/G Pumpkin Bread Slice Milk-8 oz.	28 Mandarin Orange Cup 100% Grape Juice W/G Frosted Mini Wheats W/G Blueberry Muffin Milk-8 oz.
31 Applesauce Cup 100% Orange Juice Multigrain Cheerios W/G Original Tiger Bites Milk-8 oz.	St.	Happy Patrick's	Day	



Lunch: choice of 1% or skim milk; fruit available daily

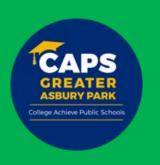
All grains offered are whole grains rich

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MARCH LUNCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Basil & Mozzarella Chicken Meatballs Mixed Vegetable Fresh fruit Wheat Roll Milk - 8oz	4 W/G Chicken Fingers Diced Carrots Fresh Apple Wheat Dinner Roll Milk -8oz	5 All Beef Hamburger on a Wheat Hamburger Bun Vegetarian Beans Fresh Banana Milk - 8oz	6 Macaroni & Cheese Mixed Vegetables Whole Grain Bread Fresh Apple Milk - 8oz	7 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 8oz
Beef Nachos Cheddar Cheese Sauce on W/G Tortilla Scoops Baby Carrots w/Dip Fresh Fruit Milk-8oz	Beef Meatloaf w/Ketchup French Fries Wheat Dinner Roll Fresh Pear Milk - 8oz	Cheese Lasagna with Meat Sauce Green Beans Whole Wheat Dinner Roll Fresh Banana Milk -80z	BREAKFAST FOR LUNCH French Toast Sticks w/Syrup Turkey Sausage Links Baby Carrots w/ Dip Fresh Apple Milk - 8oz	NO SCHOOL
NO SCHOOL	18 W/G Popcorn Chicken w/ Sweet & Sour Sauce Green Beans Fresh Apple Whole Grain Bread Milk - 8oz	19 W/G Cheese Manicotti w/ Sauce Diced Carrots Fresh Banana Wheat Dinner Roll Milk-8oz	20 Beef Nachos Cheddar Cheese Sauce on W/G Tortilla Scoops Baby Carrots w/Dip Fresh Fruit Milk-8oz.	21 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 802
24 Chicken Burger Whole Wheat Bun Vegetarian Beans Fresh Pear Milk - 8oz	25 BBQ Beef Riblet on Wheat Hamburger Bun French Fries Fresh Apple Milk - 8oz	26 Tri Color Tortellini w/ Alfredo Sauce Diced Carrots Whole Grain Bread Fresh Banana Milk - 8oz	27 Cheese Omelet Turkey Sausage Baby Carrots w/ Dip Fresh Fruit Milk-8oz	28 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 802
31 Beef Meatball Parmigiana on Wheat Sub Roll Corn Fresh Pear Milk - 8oz	S1.	Happy Patrick's		



Lunch: choice of 1% or skim milk; fruit available daily

All grains offered are whole grains rich

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MARCH HIGH SCHOOL LUNCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Basil & Mozzarella Chicken Meatballs Mixed Vegetable Fresh fruit Wheat Roll Milk - 8oz	4 W/G Chicken Fingers Diced Carrots Fresh Apple Wheat Dinner Roll Milk -8oz	5 All Beef Hamburger on a Wheat Hamburger Bun Vegetarian Beans Fresh Banana Milk - 8oz	6 Macaroni & Cheese Mixed Vegetables Whole Grain Bread Fresh Apple Milk - 8oz	7 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 802
Beef Nachos Cheddar Cheese Sauce on W/G Tortilla Scoops Baby Carrots w/Dip Fresh Fruit Milk-8oz.	11 Beef Meatloaf w/Ketchup French Fries Wheat Dinner Roll Fresh Pear Milk - 8oz	Cheese Lasagna with Meat Sauce Green Beans Whole Wheat Dinner Roll Fresh Banana Milk -8oz	13 BREAKFAST FOR LUNCH French Toast Sticks w/Syrup Turkey Sausage Links Baby Carrots w/ Dip Fresh Apple Milk - 8oz	NO SCHOOL
NO SCHOOL	18 W/G Popcorn Chicken w/ Sweet & Sour Sauce Green Beans Fresh Apple Whole Grain Bread Milk - 8oz	19 W/G Cheese Manicotti w/ Sauce Diced Carrots Fresh Banana Wheat Dinner Roll Milk-8oz	Beef Nachos Cheddar Cheese Sauce on W/G Tortilla Scoops Baby Carrots w/Dip Fresh Fruit Milk-8oz.	21 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 802
24 Chicken Burger Whole Wheat Bun Vegetarian Beans Fresh Pear Milk - 802	25 BBQ Beef Riblet on Wheat Hamburger Bun French Fries Fresh Apple Milk - 8oz	26 Tri Color Tortellini w/ Alfredo Sauce Diced Carrots Whole Grain Bread Fresh Banana Milk - 8oz	27 Cheese Omelet Turkey Sausage Baby Carrots w/ Dip Fresh Fruit Milk-8oz	28 W/G Dominos Pizza Romaine Salad w/ Dressing Fresh Orange Milk - 802
31 Beef Meatball Parmigiana on Wheat Sub Roll	ALTERNATIVE		Happ)y _e şş

St. Patrick's Day

OPTIONS AVAILABLE

MONDAY - THURSDAY

Corn

Fresh Pear

Milk - 8oz