





Menu ingredients subject to change based on availability and/or \*holiday.

# MARCH 2023

## GENERAL DIET



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>B:</b> Breakfast Menu <b>L:</b> Lunch Menu <b>S:</b> Snack Menu <b>EDS:</b> Extended Day Snack Menu</p>		<p><b>1 B:</b> Apple Cinnamon Muffin, Orange Wedges, Milk <b>L:</b> Cheese Enchiladas, Spanish Rice, Pinto Beans, Fresh Pear, Milk <b>S \ EDS:</b> Cheese Slices &amp; WG Crackers \ WG Apple Cinnamon Muffin, Vanilla Yogurt Cup</p>	<p><b>2 B:</b> Mini Pancakes, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup <b>L:</b> Chicken Pot Pie, Whole Grain Biscuit, Peas &amp; Carrots, Fresh Apple, Milk <b>S \ EDS:</b> Turkey and Cheese Wrap \ WG Cheddar Goldfish, 100% Fruit Punch Juice</p>	<p><b>3 B:</b> Biscuit, Fresh Banana, Milk, Jelly <b>L:</b> Deli Wrap, 6" WG Tortilla, Lettuce, Carrots, Red Pepper, Fresh Pear, Milk Ranch Dressing <b>S \ EDS:</b> WG Dino Bite Crackers, 100% Apple Juice \ Granola Bar, Orange Wedges</p>
<p><b>6 B:</b> Blueberry Muffin, Fresh Apple, Milk <b>L:</b> Breaded Chicken Sandwich, Potato Tots, Peaches, Milk, Ketchup <b>S \ EDS:</b> Cheddar Goldfish Crackers, Applesauce Cup \ Ginger Bread Cookie, 100% Grape Juice</p>	<p><b>7 B:</b> Mini Waffles, Turkey Sausage Link, Apple Slices w/cinnamon, Milk, Syrup <b>L:</b> Turkey Stroganoff &amp; WG Pasta <b>S \ EDS:</b> Fresh Pear, WG Graham Crackers \ Whole Grain Cheez-its, Strawberry Applesauce Cup</p>	<p><b>8 B:</b> Cereal Bowl, Mixed Fruit, Milk <b>L:</b> Fish Nuggets, Macaroni &amp; Cheese, Roasted Broccoli, Fresh Apple, Milk, Ketchup <b>S \ EDS:</b> Strawberry Banana Yogurt Cup Granola \ 100% Apple Juice Apple, Cinnamon Bear Grahams</p>	<p><b>9 B:</b> Breakfast Pizza, Peaches, Milk <b>L:</b> Cheese Ravioli, Zucchini, Applesauce, Milk <b>S \ EDS:</b> Multigrain Cheerios, 100% Orange Juice \ Fresh Banana, Jello Cup</p>	<p><b>10 B:</b> Biscuit Sandwich, Egg &amp; Cheese, Orange Wedges, Milk <b>L:</b> Garden Salad w/Chicken, Baby Spinach Salad, Shredded Carrots, Tropical Fruit Cup Milk, Ranch Dressing <b>S \ EDS:</b> Black Bean Dip, Whole Grain Pita Bread \ Fresh Apple, Nutri Grain Bar</p>
<p><b>13</b></p> 	<p><b>14</b></p>	<p><b>NO SCHOOL Spring Break</b></p>		<p><b>17</b></p> 
<p><b>20 B:</b> Banana Bread, Fresh Apple, Milk <b>L:</b> Cheese Pizza, Glazed Carrots, Pineapple, Milk <b>S \ EDS:</b> Apple Cinnamon Bear Graham Crackers &amp; 100% Grape Juice \ Baby Carrots &amp; Hummus</p>	<p><b>21 B:</b> Cereal Bowl, Pears, Milk <b>L:</b> Chicken Penne Alfredo, Broccoli, Peaches, Milk <b>S \ EDS:</b> Sun Butter Sandwich \ Amazing Chick-Pea, WG Graham Crackers</p>	<p><b>22 B:</b> Croissant Sandwich, Egg &amp; Cheese, Apple Slices w/ cinnamon, Milk <b>L:</b> Turkey Meatloaf, Whole Grain Roll, Cauliflower Mash Potatoes, Fresh Pear, Milk <b>S \ EDS:</b> Cheese Slices &amp; WG Crackers \ WG Apple Cinnamon Muffin, Vanilla Yogurt Cup</p>	<p><b>23 B:</b> Mini Pancakes, Turkey Sausage Link, Cinnamon Applesauce, Milk, Syrup <b>L:</b> Macaroni &amp; Cheese, Popcorn Chicken, Green Beans, Fresh Apple, Milk, Ketchup <b>S \ EDS:</b> Turkey Cheese Wrap \ WG Cheddar Goldfish, 100% Fruit Punch Juice</p>	<p><b>24 B:</b> Bagel, Cream Cheese, Fresh Banana, Milk <b>L:</b> Fiesta Corn Salad Bowl, Brown Rice, Romaine Lettuce, Orange Wedges, Milk, Fiesta Dressing <b>S \ EDS:</b> WG Dino Bite Crackers, 100% Apple Juice \ Granola Bar, Orange Wedges</p>
<p><b>27 B:</b> French Toast Sticks, Apple Slices w/ cinnamon, Milk, Syrup <b>L:</b> Chicken &amp; Chili Flautas, Pinto Beans, Mexicali Corn, Tropical Fruit Cup, Milk <b>S \ EDS:</b> Cheddar Goldfish Crackers, Applesauce Cup \ Ginger Bread Cookie, 100% Grape Juice</p>	<p><b>28 B:</b> Breakfast Pizza, Spiced Pears, Milk <b>L:</b> Teriyaki Chicken, Cilantro Rice, Steamed Broccoli, Mandarin Oranges, Milk <b>S \ EDS:</b> Fresh Pear, WG Graham Crackers \ Whole Grain Cheez-its, Strawberry Applesauce Cup</p>	<p><b>29 B:</b> Apple Cinnamon Muffin, Orange Wedges, Milk <b>L:</b> Italian Lasagna, Garlic Bread Stick, Normandy Blend Vegetables, Fresh Pear, Milk <b>S \ EDS:</b> Strawberry Banana Yogurt Cup, Granola \ Apple Cinnamon Bear Graham Crackers &amp; 100% Apple Juice</p>	<p><b>30 B:</b> Bagel Sandwich, Turkey &amp; Cheese, Fresh Apple, Milk <b>L:</b> Meatball Sub, Meatballs, Potato Tots, Peach Cup, Milk, Ketchup <b>S \ EDS:</b> Orange Wedges &amp; Multigrain Cheerios \ Fresh Banana, Jello Cup</p>	<p style="text-align: center;"><b>NO SCHOOL</b> Día de Cesar Chavez</p>

