

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 NO SCHOOL
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 ***In Yellow***

Menu is subject to change

Vegetarian Meal Option indicated with a "V"



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 Apple Slices & Diced Pineapple	6 Multi-Grain Frosted Flakes w/Graham Crackers Diced Peaches & 100% Grape Juice	7 Cinnamon Toast Crunch w/Graham Crackers 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) Apple Slices & Diced Pineapple	13 Honey Cheerios w/ Graham Crackers Diced Peaches & 100% Grape Juice	14 Plain Bagel w/ Cream Cheese Apple Slices & 100% Orange Juice	15 NO SCHOOL
18 Multi-Grain Cheerios w/ Graham Crackers Raisins & Applesauce	19 Strawberry Yogurt w/ Graham Crackers Apple Slices & Diced Pineapple	20 Cinnamon Raisin Bagel w/ Butter Diced Peaches & 100% Grape Juice	21 Honey Cheerios w/ Graham Crackers 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) Apple Slices & Diced Pineapple	27 Multi-Grain Cinnamon Flakes w/Graham Crackers Diced Peaches & 100% Grape Juice	28 Plain Bagel w/ Cream Cheese 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 Spanish Rice & Beans w/ Plantain (V) Apple Slices	5 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	6 NEW! Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans Home Style Macaroni & Cheese w/ Broccoli (V) Fresh Apple	7 Meatloaf w/ Gravy & Mashed Potatoes 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 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 Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V) Fresh Pear	14 BBQ Chicken w/ Sweet Mashed Potatoes Home-Style Macaroni & Cheese w/ Broccoli (V) Orange Slices	15 NO SCHOOL
18 Chicken Meatballs w/ Tomato Sauce, Mozzarella Cheese & Sub Roll Cheese Raviolis w/ Tomato Sauce (V) Italian Vegetables Apple Slices	19 Chicken Mole w/ Brown Rice Pilaf & Green Peas Spanish Rice & Beans w/ Plantain(V) Fresh Pear	20 Chicken Fingers w/ Ketchup Falafel Nuggets w/ Whole Wheat Bread Slice (V) Corn Fresh Apple	21 Penne w/ Beef Meat Sauce & Italian Vegetables 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 Vegetarian Chili w/ Brown Rice & Green Beans Apple Slices	26 Turkey Chili w/ Whole Wheat Bread Slice & Mixed Vegetables 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 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	FRI
				1 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
4 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomato (V) Fresh Apple	5 Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	6 Hot Honey Chicken Ciabatta Sandwich French Toast Sticks w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	7 Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana	8 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
11 Meatloaf w/ Gravy, Mashed Potatoes & Dinner Roll Cheese Quesadilla w/ Sour Cream and Street Corn (V) Fresh Apple	12 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Pear	13 Buffalo Chicken Melt Flatbread Celery Sticks w/ Ranch Dressing Cheese Raviolis w/ Green Beans (V) Fresh Apple	14 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	15 NO SCHOOL
18 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	19 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear	20 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice w/ Beans & Cheese (V) Fresh Apple	21 Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	22 Chicken Breast Sandwich w/ Mayo French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
25 Beef Cheeseburger w/ Ketchup Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	26 NEW! Turkey Salsa Bowl w/ Ranchero Rice & Pinto Beans Spanish Rice w/ Beans & Cheese (V) Fresh Pear	27 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	28 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing Cobb Salad w/ Pita Bread (V) Fresh Banana	29 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple

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After School Snack Pre-K

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MON	TUE	WED	THU	FRI
				1 Tostitos Scoops w/ Fresh Large Apple
4 Whole-Grain Pretzels w/ Hummus	5 Whole-Grain Sunchips w/ 100% Orange Juice	6 Blueberry Muffin w/ Mozzarella String Cheese	7 Strawberry Yogurt w/ Whole-Grain Graham Crackers	8 Whole-Grain Cheez-its w/ 100% Fruit Juice
11 Strawberry Yogurt w/ Whole-Grain Graham Crackers	12 Tostitos Scoops w/ 100% Orange Juice	13 Whole-Grain Cheez-its w/ 100% Fruit Juice	14 Apple Cinnamon Muffin w/ Mozzarella String Cheese	15 NO SCHOOL
18 Blueberry Muffin w/ Mozzarella String Cheese	19 Whole-Grain Cheez-its w/ 100% Fruit Juice	20 Whole-Grain Pretzels w/ 100% Orange Juice	21 Mozzarella String Cheese w/ Fresh Large Apple	22 Strawberry Yogurt w/ Whole-Grain Graham Crackers
25 Whole-Grain Pretzels w/ Sunbutter	26 Banana Muffin w/ Fresh Large Apple	27 Whole Grain Sunchips w/ 100% Orange Juice	28 Whole-Grain Pretzels w/ Mozzarella String Cheese	29 Tostitos Scoops w/ Fresh Large Apple

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After School Snack K-5

MARCH 2024

MON	TUE	WED	THU	FRI
				1 Whole-Grain Graham Crackers w/ 100% Orange Juice
4 Whole-Grain Pretzels w/ 100% Orange Juice	5 Whole-Grain Graham Crackers w/ 100% Fruit Juice	6 Blueberry Muffin w/ Mozzarella String Cheese	7 Whole-Grain Cheez-its w/ 100% Fruit Juice	8 Tostitos Scoops w/ 100% Apple Juice
11 Whole-Grain Cheez-its w/ 100% Fruit Juice	12 Doritos Cool Ranch w/100% Orange Juice	13 Whole-Grain Graham Crackers w/ 100% Apple Juice	14 Apple Cinnamon Muffin w/ Mozzarella String Cheese	15 NO SCHOOL
18 Banana Muffin w/ 100% Orange Juice	19 Baked Cheetos w/ 100% Fruit Juice	20 Whole-Grain Graham Crackers w/Strawberry Yogurt	21 Whole-Grain Pretzels w/ Mozzarella String Cheese	22 Corn Muffin w/ 100% Orange Juice
25 Roasted Sunflower Seeds w/ 100% Fruit Juice	26 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	27 Whole Grain Sunchips w/ 100% Orange Juice	28 Mozzarella String Cheese w/ Fresh Large Apple	29 Whole-Grain Graham Crackers w/ 100% Orange Juice

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This institution is an equal opportunity provider.