

Menus for March 2020

This institution is an equal opportunity provider. Menus are subject to change.

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| | | | | | | | | | | |
| | AVAILABLE DAILY | | | | | | | | | |
| | Breakfast | | | | | | | | | |
| | Assorted WG Cereal & Choice of Low-Fat Yogurt or String Cheese | | | | | | | | | |
| | Breakfast & Lunch | | | | | | | | | |
| | Assorted Fruits & Vegetables At the Salad Bar | | | | | | | | | |
| | WG = Whole Grain | | | | | | | | | |
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Kids! Join us March 2-6 for National School Breakfast Week 2020

Monday, March 2
 Dr. Seuss' Birthday!
Breakfast
 ** Green Eggs & Ham **
 Milk and Fruit
Lunch
 WG Stuffed Breadsticks w/ Marinara Cup or Grilled Cheese & Green Beans
 Assorted Milk & Assorted Fruit
Snack
 WG Jungle Crackers
 Milk

Tuesday, March 3
Breakfast
 WG Concha Variety or WG Honey Bun
 Milk and Fruit
Lunch
 Popcorn Chicken Bites w/ Mini Biscuits & Corn
 Assorted Milk & Assorted Fruit
Snack
 WG Pretzels
 Non-Fat Chocolate & 1% Milk

Wednesday, March 4
Breakfast
 WG English Muffin & Egg Patty
 Milk and Fruit
Lunch
 Cheeseburger Sliders or Yogurt Parfait & French Fries
 Assorted Milk & Assorted Fruit
Snack
 WG Cereal Bar
 Milk

Thursday, March 5
Breakfast
 WG Belgian Waffle Sticks
 Milk and Fruit
Lunch
 Chicken Teriyaki Bowl & Broccoli
 Assorted Milk & Assorted Fruit
Snack
 Low-Fat Yogurt
 Non-Fat Chocolate & 1% Milk

Friday, March 6
Breakfast
 WG Mini Pancakes
 Milk and Fruit
Lunch
 Ham & Cheese or Beefy Taco Wrap or Yogurt Parfait & Mixed Vegetables
 Assorted Milk & Assorted Fruit
Snack
 Baked Hot Cheetos or Multigrain Snacks
 Milk

The original value meal & still a fantastic deal!

Breakfast

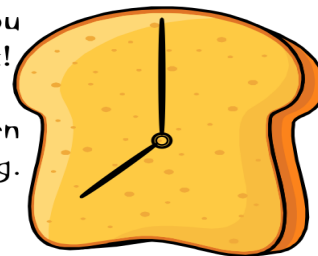
FREE

Lunch

\$3.25

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



Spring Forward



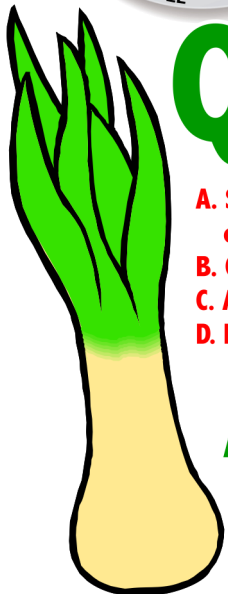
Sunday, March 8th

It's not too late to complete a Free/Reduced Priced Meal Application. Get in touch with us today to learn more about how to qualify. 626-307-3407 or Apply @ www.schoolcafe.com

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 9

Breakfast

Breakfast Pizza Bagel
Milk and Fruit

Lunch

Chicken Strips &
WG Baked Goldfish Snack
& Seasoned Peas
Assorted Milk & Assorted Fruit

Snack

WG Blueberry Muffin
Milk

Tuesday, March 10

Breakfast

Egg, Cheese & Sausage Wrap
Milk and Fruit

Lunch

WG Pasta w/ Meat Sauce
& Corn
Assorted Milk & Assorted Fruit

Snack

WG Graham Bears
Non-Fat Chocolate & 1% Milk

Wednesday, March 11

Breakfast

WG Mini Pancakes
Milk and Fruit

Lunch

Hamburger or Tuna Salad
on WG Bun
& Green Beans
Assorted Milk & Assorted Fruit

Snack

WG Scooby Doo Grahams
Apple Juice

Thursday, March 12

Breakfast

**Diced Potatoes O'Brien
& Breakfast Sausage Link
Milk and Fruit

Lunch

Grilled Bean & Cheese or
Shredded Beef Burrito
& Sliced Carrots
Assorted Milk & Assorted Fruit

Snack

Apples & String Cheese
Non-Fat Chocolate & 1% Milk

Friday, March 13

No
School
Today!

Parent
Teacher
Conferences

Monday, March 16

Breakfast

WG Breakfast Sausage
Sandwich
Milk and Fruit

Lunch

WG Corn Dog or Hot Dog
& Green Beans
Assorted Milk & Assorted Fruit

Snack

WG Maple Waffle Grahams
Milk

Tuesday, March 17

Happy St. Patrick's Day Breakfast

WG Cinnamon Rolls or
WG Bagels w/ Cream Cheese
Milk and Fruit

Lunch

Chicken Taquitos w/
Guacamole
& Refried Beans
Assorted Milk & Assorted Fruit

Snack

Applesauce Cup
Non-Fat Chocolate & 1% Milk

Wednesday, March 18

Breakfast

WG Banana Muffin
Milk and Fruit

Lunch

Chicken Sandwich or
Tuna Salad on WG Bun
& Sliced Carrots
Assorted Milk & Assorted Fruit

Snack

WG Rice Krispies Snack
Apple Juice

Thursday, March 19

Breakfast

Egg, Cheese & Sausage Burrito
& Hash Browns
Milk and Fruit

Lunch

Beefy Nachos
& Corn
Assorted Milk & Assorted Fruit

Snack

Apples & String Cheese
Non-Fat Chocolate & 1% Milk

Friday, March 20

Breakfast

WG Croissant & Egg Omelet
Milk and Fruit

Lunch

WG Cheese or Pepperoni Pizza
**Papa John's or Dominoe's
& Mixed Vegetables
Assorted Milk & Assorted Fruit

Snack

WG Chocolate Chip Muffin
Milk

Monday, March 23

Breakfast

Scrambled Eggs & Diced Ham
Milk and Fruit

Lunch

WG Stuffed Breadsticks w/
Marinara Cup or Grilled Cheese
& Green Beans
Assorted Milk & Assorted Fruit

Snack

WG Jungle Crackers
Milk

Tuesday, March 24

Breakfast

WG Concha Variety or
WG Honey Bun
Milk and Fruit

Lunch

Popcorn Chicken Bites w/
Mini Biscuits
& Corn
Assorted Milk & Assorted Fruit

Snack

WG Pretzels
Non-Fat Chocolate & 1% Milk

Wednesday, March 25

Breakfast

WG English Muffin & Egg Patty
Milk and Fruit

Lunch

Cheesburger Sliders or
Yogurt Parfait
& Baked French Fries
Assorted Milk & Assorted Fruit

Snack

WG Cereal Bar
Milk

Thursday, March 26

Breakfast

WG Belgian Waffle Sticks
Milk and Fruit

Lunch

Orange Chicken Bowl
& Broccoli
Assorted Milk & Assorted Fruit

Snack

Low-Fat Yogurt
Non-Fat Chocolate & 1% Milk

Friday, March 27

Breakfast

WG Mini Maple Pancakes
Milk and Fruit

Lunch

Baked Chicken Drumstick w/
Mini Biscuits
& Green Peas & Carrots
Assorted Milk & Assorted Fruit

Snack

WG Scooby Doo Grahams
Non-Fat Chocolate & 1% Milk

Monday, March 30

Breakfast

Breakfast Pizza Bagel
Milk and Fruit

Lunch

Chicken Strips & WG Baked
Goldfish Snack
& Seasoned Peas
Assorted Milk & Assorted Fruit

Snack

WG Blueberry Muffin
Milk

Tuesday, March 31

Breakfast

Egg, Cheese & Sausage Wrap
Milk and Fruit

Lunch

WG Pasta w/ Meat Sauce
& Corn
Assorted Milk & Assorted Fruit

Snack

WG Graham Bears
Non-Fat Chocolate & 1% Milk