

# MARCH 2019

## STAPLES MOTLEY AREA SCHOOLS

KEY: B- Breakfast L- Lunch

Milk served with all meals

Menu subject to change

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
|  |  |  |   | <b>1 Cinnamon Roll, ½ cup fruit, juice, milk</b><br><b>L- Italian Dunkers with sauce, corn, juice, salad bar, fruit and milk</b>       |
| <b>4B-Goldfish crackers, Yogurt, ½ cup fruit, juice, milk</b><br><b>L-BBQ Chicken breast on a bun, Cole Slaw, Baked Beans, chips, fruit and milk</b> | <b>5B-French Toast with syrup, ½ cup fruit, juice, milk</b><br><b>L-Hot Dog on Bun, Sliced Cucumbers, Bake Fries, Salad Bar, fruit and Milk</b>                              | <b>6B-Stuffed Bagel, ½ fruit, juice, milk</b><br><b>L- Chicken alfredo with bread sticks, salad bar, cucumbers, peas and carrots, fruit and milk</b>         | <b>7B-Egg Sandwich, ½ cup fruit, juice, milk</b><br><b>L- Drumstick, Mashed potatoes with gravy, Bread slice, Broccoli, Fruit and Milk</b>    | <b>8B- Cinnamon rolls, ½ cup fruit, juice, milk</b><br><b>L-Assorted Pizza, WG Cookies, Spinach Salad Bar, Assorted Fruit and Milk</b> |
| <b>11B Waffles, ½ cup fruit, fruit juice and milk</b><br><b>L-Orange Chicken with Rice, Fresh carrots, Broccoli, fruit, juice, Milk</b>              | <b>12B snack bread, ½ cup fruit, fruit juice and milk</b><br><b>L-Beef Taco, Shredded Lettuce, Diced Tomatoes, shredded cheese, corn, Fruit, Milk</b>                        | <b>13B- Breakfast Pizza, ½ cup fruit, juice and milk</b><br><b>L- Chicken Nuggets, Mashed potatoes, gravy, marinated Cucumbers, broccoli, fruit and Milk</b> | <b>14B- Egg Sandwich, ½ cup fruit, juice, milk</b><br><b>L- Cheeseburger patty on a Bun, fries, Salad bar, fresh fruit and milk</b>           | <b>15B- Long Johns, ½ cup fruit, juice, milk</b><br><b>L- Mini Corn dogs, Baked Beans, chips, fruit, salad bar, milk</b>               |
| <b>18 NO School</b>  | <b>19 No School</b>  | <b>20 No School</b>  | <b>21 No School</b>   | <b>22 No School</b>  |
| <b>25B –Waffles, ½ cup fruit, juice, milk</b><br><b>L-Seasoned meatballs, mashed potatoes, corn, salad, fruit and milk</b>                           | <b>26B French Toast with syrup, ½ cup fruit, juice, milk</b><br><b>L-Soup and Sandwich (HS MS)</b><br><b>Hot dogs with chips, Baked Beans (Elem), Salad, Fruit, and milk</b> | <b>27B Breakfast Pizza, ½ cup fruit, juice and milk</b><br><b>L-Spaghetti with meat sauce, garlic toast, dinner salad, Peas, fruit and milk</b>              | <b>28 Egg Sandwich, ½ cup fruit, juice, milk</b><br><b>L Quesadilla (cheese or Chicken) with red sauce, corn, bread slice, fruit and milk</b> | <b>29B- Stuffed Bagel, ½ fruit, juice, milk</b><br><b>L- Mac and Cheese, dinner roll, salad bar, baked beans, fruit and milk</b>       |

Milk Choices offered daily