





March 2020 Elementary Menu

March 2–6 is National School Breakfast Week!

Join us for a nutritious breakfast daily and bring your “Out of this World” Coloring Sheet to be displayed in the cafeteria for a chance to win a prize.



Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	LENT - Friday, March 6
<p>“Martian” Mini Cinnis (39) or Sausage Pancake on a Stick (19) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p> <p>Chicken (15) on Bun (31) Or BBQ Pork (17) on Bun (30) Or Salad Plate (*) Green Beans, 1/2 c. (4) Golden Corn, 1/2 c. (16) Fresh Fruit, 1/2 c. (8-15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)</p> 	<p>“Galactic” Breakfast Pizza (22) or Fruit & Yogurt Parfait (29), Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Meatballs, 3 oz. (8), Mozzarella Cheese-Stuffed Breadsticks, 2 (30), Marinara (7) Or Turkey & Cheese Sandwich (28) Or Salad Plate (*) Potato Wedges, 1/2 c. (19) Garden Salad, 3/4 c. (4) w/ Dressing (*) Fresh Fruit, 1/2 c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>“Out of this World” Bacon, Egg, & Cheese Croissant (31) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*) Or Salad Plate (*) Mashed Potatoes, 1/2 c. (15) Peas, 1/2 c. (12) Roll (22) Fresh Fruit, 1/2 c. (8-15) Peach Slices, 1/2 c. (12) Milk (11-22)</p>	<p>“Blast-off” Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p> <p>Hamburger (1) on Bun (25) or Ham & Cheese Sandwich (32) or Salad Plate (*) Romaine Lettuce & Tomato, 1/4 c. (0.6) Onion 1/8 c. Potato Smiles, 4 ea. (20) Baked Beans, 1/2 c. (29) Fresh Fruit, 1/2 c. (8-15) Applesauce, 1/2 c. (23) Milk (11-22)</p>	<p>“Saturn Ring” Donuts (41) or Sausage Biscuit (26), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Big Daddy’s Four <u>Cheese</u> or Pepperoni Pizza (35) Or Ham & Cheese Sandwich (32) Or Salad Plate (*) Green Beans, 1/2 c. (4) Garden Salad, 3/4 c. (4) w/ Dressing (*) Fresh Fruit, 1/2 c. (8-15) Watermelon-Flavored Raisels (35) Milk (11-22)</p> 
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	LENT - Friday, March 13
<p>Eggo Mini Pancakes (35) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p> <p>Mini Corn Dogs, 6 (30) Yogurt (*) & Cereal (*) Or Salad Plate (*) Golden Corn, 1/2 c. (16) Baked Beans, 1/2 c. (29) Fresh Broccoli Cup, 1/2 c. (2.5) Fresh Fruit Assortment, 1/2 c. (8-15) Milk (11-22)</p>	<p>Strawberry Smoothies, 18 oz. (86) & Grahams (19) or French Toast Sticks, 4 (38), Fruit (~15), 100% Fruit Juice (15) &/or Milk</p> <p>BREAKFAST FOR LUNCH Sausage (0) & Eggs (0) Biscuit (26), Gravy, 1/2 c. (10) or Salad Plate (*) Southern-Style Hash Browns, 1/2 c. (14) Fresh Veggie Cup, 1/2 c. (2.5) Grapes, 1/2 cup (~15) Cinnamon Baked Apples, 1/2 c. (36) Milk (11-22)</p>	<p>Sausage Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Chicken Strips, 3 (17) or Yogurt (*) & Cereal (*) or Salad Plate (*) Mashed Potatoes, 1/2 c. (15) Glazed Carrots, 1/2 c. (13) Roll (22) Fresh Fruit, 1/2 c. (8-15) Peach Slices, 1/2 c. (12) Milk (11-22)</p>	<p>Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p> <p>Beef Taco, 3 oz. (4) or Hot Turkey & Cheese Sandwich (28) or Salad Plate (*) Shredded Cheese, 1 oz. (1) Golden Corn, 1/2 c. (16) Fiesta Rice, 1/2 c. (21) Tortilla Chips (18), Salsa, 1/4 c. (4) Shredded Lettuce & Tomato, 3/4 c. (4) Fresh Fruit, 1/2 c. (8-15) Mixed Fruit, 1/2 c. (18), Milk (11-22)</p>	<p>Chicken (6) Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Chili, 1/2 c. (11), Crackers (5 per pack) Grilled Cheese Sandwich (15 for Half) Or Salad Plate (*) Carrot & Celery Sticks, 1/2 cup (4) Orange Wedges, 1/2 c. (15) Pear Cup, 1/2 c. (20) Milk (13-20) FF Ranch Dressing (6)</p>
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	LENT - Friday, March 20
<p>French Toast Sticks, 4 (38) & Syrup (31) or Donut Holes, 6 (30), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p> <p>Hot Dog (2) on Bun (27) or Ham & Cheese Sandwich (32) or Salad Plate (*) Cool Ranch or Nacho Cheese Doritos (18) Fresh Veggie Cup, 1/2 c. (2.5) Baked Beans, 1/2 c. (29) Fresh Fruit, 1/2 c. (8-15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)</p>	<p>Breaded Pork Chop (15), Biscuit (26) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Chicken Strips, 3 (17) Or Yogurt (*) & Cereal (*) Or Salad Plate (*) Mashed Potatoes, 1/2 c. (15) Glazed Carrots, 1/2 c. (13) Roll (22) Fresh Fruit, 1/2 c. (8-15) Peach Slices, 1/2 c. (12) Milk (11-22)</p>	<p>Pillsbury Cinnamon Roll (36) or Fruit & Yogurt Parfait (29) with Fresh Baked Granola (17), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Spaghetti, 1/2 c. (21) w/ Meat Sauce (*) & Shredded Cheese, 1 oz. (1), Breadstick (14) or Turkey Sandwich (28) or Salad Plate (*) Garden Salad, 3/4 c. (4) w/ Dressing (*) Green Beans, 1/2 c. (4) Fresh Fruit, 1/2 c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Breakfast Burrito (23) & Goldfish Grahams (19) or Plain or Blueberry Bagel (28-34) with Cream Cheese (1) or Wow Butter (8), Fruit (~15), Juice (15) &/or Milk (11-22)</p> <p>Mandarin Orange Chicken (19) or Chicken Fajita Wrap (15) or Salad Plate (*) Green Beans, 1/2 c. (4) Fiesta Rice, 1/2 c. (21) Shredded Cheese, 1 oz. (1) Shredded Lettuce & Tomato, 3/4 c. (4) Fresh Fruit Assortment, 1/2 c. (8-15) Frozen Jonny Pops (10-11) Milk (11-22), Sour Cream, 1 oz. (4)</p>	<p>Top it Off Oatmeal, 1/2 c. (21), Choice of Toppings: Brown Sugar & Cinnamon (14), Chocolate Chips (10) or 6-pk Donuts (41), Fruit (~15), Juice (15) &/or Milk (13-20)</p> <p>Big Daddy’s Four <u>Cheese</u> or Pepperoni Pizza (35) or Ham & Cheese Sandwich (32) or Salad Plate (*) Green Beans, 1/2 c. (4) Garden Salad, 3/4 c. (4) w/ Dressing (*) Fresh Fruit, 1/2 c. (8-15) Watermelon-Flavored Raisels (35) Milk (11-22)</p>
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	LENT - Friday, March 27
<p>Mini Cinnis (39) or Sausage Pancake on a Stick (19) & Syrup (31), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p> <p>Chicken (15) on Bun (31) Or BBQ Pork (17) on Bun (30) Or Salad Plate (*) White Nacho Doritos (20) or White Cheddar Cheese Curls (17) Golden Corn, 1/2 c. (16) Baked Beans, 1/2 c. (29) Fresh Fruit, 1/2 c. (8-15) Mixed Berry or Peach Slush Cup (20) Milk (11-22)</p>	<p>Breakfast Pizza (22) or Fruit & Yogurt Parfait (29) with Cereal (*), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Meatballs, 3 oz. (8), Mozzarella Cheese-Stuffed Breadsticks, 2 (30), Marinara (7) Or Turkey & Cheese Sandwich (28) Or Salad Plate (*) Potato Wedges, 1/2 c. (19) Garden Salad, 3/4 c. (4) w/ Dressing (*) Fresh Fruit, 1/2 c. (8-15) Fruit Sidekicks (20) Milk (11-22)</p>	<p>Canadian Bacon, Egg, & Cheese Croissant (31) or Pop-Tarts (37 ea.), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Chicken Smackers, 10 (20) Or Yogurt (*) & Cereal (*) Or Salad Plate* Waffle (37), Syrup (31) Southern-Style Hash Browns, 1/2 c. (14) Fresh Veggie Cup, 1/2 c. (2.5) Fresh Fruit, 1/2 c. (8-15) Peach Slices, 1/2 c. (12) Milk (11-22)</p>	<p>Breakfast Burrito (23) or Muffins (27-31), Goldfish Grahams (19), Fruit (~15), Fruit Juice (15) &/or Milk (11-22)</p> <p>Beef Taco, 3 oz. (4) or Hot Turkey & Cheese Sandwich (28) or Salad Plate (*) Shredded Cheese, 1 oz. (1) Golden Corn, 1/2 c. (16) Fiesta Rice, 1/2 c. (21) Tortilla Chips (18), Salsa, 1/4 c. (4) Shredded Lettuce & Tomato, 3/4 c. (4) Fresh Fruit, 1/2 c. (8-15) Mixed Fruit, 1/2 c. (18) Milk (11-22)</p>	<p>Sausage Biscuit (26) or 6-pk Donuts (41), Fruit (~15), 100% Fruit Juice (15) &/or Milk (11-22)</p> <p>Big Daddy’s Four <u>Cheese</u> or Pepperoni Pizza (35) Or Ham & Cheese Sandwich (32) Or Salad Plate (*) Green Beans, 1/2 c. (4) Garden Salad, 3/4 c. (4) w/ Dressing (*) Fresh Fruit, 1/2 c. (8-15) Watermelon-Flavored Raisels (35) Milk (11-22)</p>

