








# March Breakfast Menu 2023

Skim Chocolate and 1% White milk  
served everyday

*Menu Subject to Change*



Mon		Tue		Wed		Thu		Fri	
<p>Nondiscrimination: In the operation of USDA Child Nutrition programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you feel you have been, please call (309) 582-2238.</p>				<p>1 Whole Gr. Waffles Sugar Free Syrup (1/4c) 1 Cup Fruit Milk Choice</p>		<p>2 Breakfast Pizza 1 Cup Fruit Milk Choice</p>		<p>3 Sausage Patty Yogurt Parfait ½ Cup Fresh Fruit ½ Cup 100% Juice Milk Choice</p>	
		<p>6 Cereal Whole Grain Pop Tart 1/2 cup Fruit 1/2 cup 100% Juice Milk Choice</p>		<p>7 Breakfast Sandwich (Bagel, Bacon, Egg, Cheese) 1 Cup Fruit Milk Choice</p>		<p>8 Cereal Whole Grain Bagel 1 Cup Fruit Milk Choice</p>		<p>9 Bacon (2) Yogurt Parfait ½ Cup Fresh Fruit ½ Cup 100% Juice Milk Choice</p>	
<p>13</p>		<p>14</p>		<p>15</p>		<p>16</p>		<p>17</p>	
									
<p>20 Cereal Turnover 1 Cup Fruit Milk Choice</p>		<p>21 Biscuits &amp; Sausage Gravy ½ cup Fruit ½ Cup 100% Juice Milk Choice</p>		<p>22 Cereal Frudel 1 Cup Fruit Milk Choice</p>		<p>23 Pancake/ Sausage Stick Sugar Free Syrup (1/4c) 1 Cup Fruit Milk Choice</p>		<p>24 Breakfast Pizza 1 Cup Fresh Fruit Milk Choice</p>	
<p>27 Whole Grain Muffin Yogurt Parfait Fruit Cup Milk Choice</p>		<p>28 Cereal Whole Grain Pop Tart 1/2 cup Fruit 1/2 cup 100% Juice Milk Choice</p>		<p>29 Breakfast Pizza 1 Cup Fruit Milk Choice</p>		<p>30 Sausage Patty Yogurt Parfait ½ Cup Fresh Fruit ½ Cup 100% Juice Milk Choice</p>		<p>31 Sausage or Bacon Egg Hash Browns 1 Cup Fruit Milk Choice</p>	

**Start your day off with Breakfast!**






Breakfast is served at all 5 buildings beginning at 7:30 a.m.



# March Lunch Menu 2023



Menu Subject to Change

Mon		Tue		Wed	Thu	Fri
A reimbursable lunch menu consists of 5 offered components which are set by the new USDA meal pattern in certain varieties and portion sizes determined by student age. Meat/Meat Alternate minimum, Grain minimum, Vegetable, Fruit, Fluid Milk				1 Variety Chicken Whole Grain Bread Baked Beans Fruit	2 Hot Dog / Bun Spinach Salad (Broccoli, cucumber, tomatoes) Yogurt Cup Fruit	3 <b>12:30pm Dismissal</b> Cheese Pizza Carrot Sticks/ranch Cheese Stick Fruit
6 Pasta w/Meat Sauce Breadstick Green Beans Cottage Cheese Fruit	7 Crispito w/Cheese Lettuce/Tomato Baked Tortilla Chips/ Salsa Carrot Sticks/ranch Fruit			8 Chicken Nuggets 6pc.K8 /8pc. HS Mashed Potatoes/ Gravy Whole Grain Bread Fruit	9 Mini Corndogs Baked Beans Yogurt Cup Fruit	10 <b>FAST FRIDAY—HS ONLY</b> Breaded Fish/ Bun Cheese Slice Baked Potato Wedges Broccoli Fruit
13 	14 			15 	16 	17 
20 Chicken Tenders Whole Grain Bread Carrot Sticks/ranch Fruit	21 BBQ Ribette /Bun Green Beans Baked Chips Fruit			22 Popcorn Chicken Cheese Stick Corn Fruit Teddy Grahams	23 Crispito w/Cheese Lettuce/Tomato Refried Beans Fruit	24 Shrimp Poppers Spinach Side Salad Broc/Cucumber/Tomato Cheese Stick Fruit
27 Chicken Tenders Whole Grain Bread Peas Fruit	28 Cheeseburger /Bun Baked Fries Cottage Cheese Fruit			29 Chicken Patty/ Bun Carrots/Broccoli Fruit Whole Grain Cookie	30 Mini Corn Dogs Baked Beans Baked Chips Fruit	31 Romaine Chef Salad Cheese/Broccoli/Tomato/Cucumber Breadstick Fruit

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