




BREAKFAST
MARCH 2019 PRE-K- 8TH
 Child Nutrition Program

BIC
MENU
Monday
Tuesday
Wednesday
Thursday
Friday

Maple Pancakes **4**
 Syrup
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk


Yogurt 4 oz. with Granola **5**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk


Cheese / Egg Omelet Wrap **6**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk


French Toast Sticks **7**
 Syrup
 1/2 cup 100% Fruit Juice
 1/2 cup Fruit Cup
 Milk

Assorted Cold Cereal **1**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Assorted Cold Cereal **8**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Cream Cheese Filled Bagel Roll **11**
 1/2 cup 100% Fruit Juice
 1/2 cup Fruit Cup
 Milk

Cinnamon Waffles **12**
 Syrup
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Biscuit and Sausage **13**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Croissant with jelly/butter & Cheese Stick **14**
 1/2 cup 100% Fruit Juice
 1/2 cup Fruit Cup
 Milk

Assorted Cold Cereal **15**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Blueberry Biscuit **18**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Maple Pancakes **19**
 Syrup
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Yogurt 4 oz. with Granola **20**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Cream Cheese Filled Bagel Roll **21**
 1/2 cup 100% Fruit Juice
 1/2 cup Fruit Cup
 Milk

Assorted Cold Cereal **22**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Yogurt 4 oz. with Granola **25**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Cinnamon Waffles **26**
 Syrup
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Blueberry Biscuit **27**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

Cream Cheese Filled Bagel Roll **28**
 1/2 cup 100% Fruit Juice
 1/2 cup Fruit Cup
 Milk

Assorted Cold Cereal **29**
 1/2 cup 100% Fruit Juice
 1/2 cup Fresh Fruit
 Milk

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov

This institution is an equal opportunity provider

Two-1/2 cup fruit options will be offered daily. Milk is served with every meal. Choose 1% White Milk or Fat Free White Milk. Student must take a fruit and/or juice. ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SBP REQUIREMENTS.

Fresh Fruit= Whole Fruit
Fruit Cup= 4 oz. cup Frozen Fruit





MARCH 2019 Pre-K – 8th Child Nutrition Program

HOT LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Pre-K - 8 Grades: 1% and Fat Free White Milk Offered Daily
K - 8 Grades: Fat Free Chocolate Milk also offered Tues and Thurs

*** Sunbutter available upon request**
*** Peanut butter available where applicable**

Alternative Meal:
Fish Patty
served with the daily's 1/2c Vegetable serving

Homemade Baked Ziti & Cheese 1
Steamed Green Beans, ½ cup
Fruit Cup, ½ cup
Milk

Kickin Chicken Nuggets with a Baked Bread Stick 4
Vegetarian Beans, ½ cup
Assorted Fruit, ½ cup
Milk

Beef Meatball Hero with Mozzarella Cheese 5
Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

Potato Crusted Fish Patty on Bun 6
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Baked Macaroni & Cheese 7
Steamed Carrot Coins, ½ cup
Green Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

French Bread Pizza 8
Steamed Broccoli, ½ cup
Crunchy Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk

Pork Chop Patty* on a Roll, 11
Steamed Carrots, ½ cup
Assorted Fruit, ½ cup
Milk

Tasty Turkey Soft Taco 12
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Crispy Mozzarella Stick 13
Rotini Pasta & Marinara Sauce
Steamed Zucchini, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Charbroiled Cheese Burger on Bun 14
Sliced Tomato & Pickle Chips
Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk

UNO Cheese Pizza Slice 15
Steamed Broccoli, ½ cup
Crunchy Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk

Yummy Chicken Quesadilla 18
Steamed Carrots, ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Milk

Oven Roasted Chicken Pieces 19
Dinner Roll
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Mama's Beef Meatball with Penne Pasta 20
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Milk

Brunch for Lunch 21
Stuffed Cheese Omelet in a Tortilla Shell
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

NY Sicilian Pizza 22
Celery Sticks/Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk

Grilled Cheese Sandwich 25
Steamed Carrots, ½ cup
Seasoned French Fries, ½ cup
Assorted Fruit, ½ cup
Milk

Cowboy Beef Nachos w/cheese 26
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

General TSO Chicken with Brown Rice 27
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk

Assorted Deli Meat, Turkey 28
Turkey ham, & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

Personal Pan Pizza 29
Celery Sticks
Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk

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Available Daily

Peanut Butter or Sun Butter & Mayo Sandwiches
American Cheese Sandwiches (Mayo/Mustard)
A side salad (1/2 cup) of leafy dark green vegetable is offered daily.
½ cup Fresh Fruit options will be offered daily
Select a fruit AND/OR vegetable with your sandwich.

Assorted Fruit = Canned Fruit
Fruit Cup = 4 oz. frozen fruit
Fresh Fruit = Whole fresh fruit