

L1 - Hot Meal L2 - Sandwich Option L3 - Salad Option		Meals must be preordered by the previous Tuesday		
MONDAY 3/6	TUESDAY 3/7	WEDNESDAY 3/8	THURSDAY 3/9	FRIDAY 3/10
BREAKFAST				
1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN
LUNCH - 1 c milk				
4 SWEDISH MEATBALLS 2 oz BEEF 1 c WHOLE GRAIN NOODLES 1 c CARROTS w/ DIP 1 c FRESH FRUIT	AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WHOLE GRAIN ROTINI w/ TOMATO SAUCE 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT	CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) WHOLE WHEAT WRAP 1/2 c SOUTHWEST BEANS 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c RASPBERRY BEANS 1 c FRESH FRUIT
SANDWICH - BBQ Chicken, whole grain bulkie roll, fruit & veggie				
SALAD -Tossed Salad w/Tuna, kale & spring mix, tomatoes, carrots, roll & fruit				
3/13	3/14	3/15	3/16	3/17
BREAKFAST				
	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN
LUNCH - 1 c milk				
PD/Distance Learning Day	MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1/2 c CAULIFLOWER & 1/2 c BROCCOLI - LIGHTLY STEAMED 1 c FRESH FRUIT	4 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN 1/2 c BROWN RICE 1 c ROASTED POTATOES 1 c FRESH FRUIT	MEXICAN RICE & BEEF TACOS 2 oz BEEF, 1/2 c BROWN RICE & 1/2 c ONION & GREEN PEPPERS 1 oz TORTILLA SCOOPS 1 c CUCUMBERS w/ DIP 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz WHOLE GRAIN CRUST & 2 oz STRING CHEESE 1 c CARROTS w/ DIP 1 c FRESH FRUIT
SANDWICH - Chicken Salad, whole grain bulkie roll, fruit & veggie				
SALAD - Caprese Salad, Greens Tomatoes, Mozzarella, roll & fruit				
3/20	3/21	3/22	3/23	3/24
BREAKFAST				
1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN
LUNCH - 1 c milk				
MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	4 SWEDISH MEATBALLS 2 oz BEEF 1 c WHOLE GRAIN NOODLES 1 c BUTTERNUT SQUASH 1 c FRESH FRUIT KETCHUP	4 Whole Grain CHICKEN NUGGETS w/ 2 oz CHICKEN WHOLE GRAIN BULKIE ROLL 3/4 c CUCUMBERS w/ DIP 1 c FRESH FRUIT	AMERICAN CHOP SUEY 2 oz BEEF & 2 oz WHOLE GRAIN ROTINI w/ TOMATO SAUCE 1 c GREEN BEANS 1 c FRESH FRUIT	CHICKEN PATTY 2 oz CHICKEN WHOLE GRAIN ROLL 1 c CORN 1 c FRESH FRUIT KETCHUP
SANDWICH - Tuna Salad, Whole Grain Bulkie Roll , Fruit & Veggie				
SALAD - Garden Salad w/citrus chicken, spring mix, bell peppers, cucumbers, carrots & tomatoes, roll & fruit				
3/27	3/28	3/29	3/30	3/31
BREAKFAST				
1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN	1/2 c Whole Fruit, 1/2 c 100% Juice 3 oz. WG BAGEL W/TOPPING	1/2 c Whole Fruit, 1/2 c 100% Juice 1 oz WHOLE GRAIN CEREAL	1/2 c Whole Fruit, 1/2 c 100% Juice 2 oz WHOLE GRAIN MUFFIN
LUNCH - 1 c milk				
SLOPPY JOES 2 oz TURKEY; TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c ZUCCHINI w/ DIP 1 c FRESH FRUIT	CHICKEN TACO 2 oz CHICKEN & SHREDDED CHEESE 1/4 c DICED TOMATOES & 1/2 c SHREDDED ROMAINE (on side) WHOLE WHEAT WRAP 1/2 c POTATO SALAD 1 c FRESH FRUIT	MACARONI & CHEESE 2 oz WHOLE GRAIN ROTINI & 2 oz CHEESE 1 c APPLE CIDER BEANS 1 c FRESH FRUIT	MEATBALL GRINDER 4 MEATBALLS (2 oz BEEF) & TOMATO SAUCE WHOLE WHEAT HOT DOG ROLL 1 c BROCCOLI w/ DIP 1 c FRESH FRUIT	CHEESE PIZZA w/ 2 oz CHEESE & 2 oz WHOLE GRAIN CRUST SALAD w/ 1 c KALE & ROMAINE, 1/4 c TOMATO, 1/4 c CUCUMBER & DRESSING 1 c FRESH FRUIT
SANDWICH - Turkey and Swiss, Whole Wheat Bread, fruit & veggie				
SALAD - Greek Salad, romaine, feta cheese, tomato, cucumber, onion, black olives, roll & fruit				