TOISMarch 2017

Our menus are aligned with the USDA's Healthy Hunger Free Kids Act.

Weekly Breakfast Menu

Monday – WG Cereal and Graham Crackers Tuesday – Mini Pancakes Wednesday – Mini Cini's Thursday – Breakfast Pizza Friday – WG Muffin and Graham Crackers

All Breakfasts come with Fruit and 1% or Skim Milk

All meals include a trip through our Thrive Garden Bar & Milk		3/1 Baked Macaroni and Cheese with Roll and Broccoli	3/2 Chicken Stir fry over Brown Rice with Chinese Style Vegetables	3/3 Big Daddy's Pizza With Baby Carrots
3/6 French Toast Sticks with Sausage and Sweet Potato Bites	3/7 Chicken Nuggets w/Roll and Golden Corn	3/8 Pasat and Meatballs with Roll and Steamed Broccoli	3/9 Crazy Beef Nachos With Baked Beans and Rice	3/10 Hand Tossed Pizza with Side Salad
3/13 Hamburger on a Pretzel Bun with Baked Fries	3/14 Popcorn Chicken Bowl w/Roll Mashed Potatoes, Gravy and Steamed Corn	3/15 Baked Ziti with Roll and Steamed Carrots	3/16 Roasted BBQ Chicken with Baked Beans and Roll	3/17 Hand Tossed Pizza with Celery Sticks
3/20 Mozzarella Sticks with Marinara and Cross Trax Sweet Potato Fries	3/21 Chicken Tenders and Roll with Golden Corn	3/22 Chicken Alfredo with Pasta, Broccoli and Roll	3/23 Chicken and Waffles with Baked Beans	3/24 French Bread Pizza with Assorted Toppings and Side Salad
3/27 Pancakes with Sausage and Sweet Potato Bites	3/28 Popcorn Chicken with Roll and Baked Fries	3/29 Baked Cheese Ravioli with Roll and Steamed Peas	3/30 Chicken Fajita with Rice and Steamed Broccoli	3/31 Big Daddy's Pizza with Assorted Toppings and Baby Carrots



A MINIMUM OF 4 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals



EVERYDAY CHOICES

Turkey Sandwich
Daily Specials and Weekly Specials

All sandwiches served on WW Rolls, side salad and a trip through the Thrive Garden Bar. Vegetarian options offered daily.



EVERYDAY CHOICES

Flame Broiled Beef Patty, Chicken & Daily Specials

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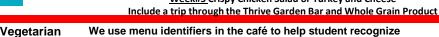
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All sandwiches served on WW buns, hot vegetable & a trip through the Thrive Garden Bar. Vegetarian options offered daily.



WEEKLY CHOICES

Week #1 Asian Chicken Salad or Ham and Cheese
Week #2 Chicken Salad Sandwich or Chicken Caesar Salad
Week #3 Chicken Caesar Wrap or Chef Salad
Week #4 Antipasto Salad or Italian Hoagie
Week#5 Crispy Chicken Salad or Turkey and Cheese





We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 30350-9413 or cal (800) 795-3373 (voice) or (303) 730-6383 (TTY). USDA is an equal opportunity provider and employer.