

# March

# Breakfast Menu

## Milk and Juice

You can also choose white or chocolate milk and a variety of fruit juices including apple, cranberry, grape and orange-pineapple.

## Fruits

Choose from fresh apples, bananas, oranges or a variety of canned fruits to start your morning.

## Grains

Choose from a variety of dry cereal, toast bagel, English muffin or try a cereal bar.



| MONDAY                                   | TUESDAY                       | WEDNESDAY   | THURSDAY  | FRIDAY                                  |
|--|-------------------------------|---|---|---|
|  |                               |   | 1<br>WAFFLE<br>BREAKFAST<br>BOWL                    | 2<br>CHEESE<br>OMELET                   |
| 5<br>FRENCH<br>TOAST                     | 6<br>BREAKFAST<br>QUESADILLA  | 7<br>SCRAM. EGG<br>SAUSAGE<br>OR<br>CREAM OF<br>WHEAT | 8<br>ENGLISH<br>MUFFIN<br>BREAKFAST<br>SANDWICH     | 9<br>BREAKFAST<br>BURRITO               |
| 12<br>BREAKFAST<br>CROISSANT<br>SANDWICH | 13<br>BLUEBERRY<br>PANCAKE    | 14<br>PB&J GRAHAM<br>OR<br>MALT O MEAL                | 15<br>SCRAMBLED EGG<br>SAUSAGE PATTY<br>HASH BROWNS | 16<br>CINNAMON ROLL                     |
| 19<br>SAUSAGE<br>PANCAKE                 | 20<br>BLUEBERRY<br>MUFFIN     | 21<br>BREAKFAST<br>PIZZA<br>OR<br>OATMEAL             | 22<br>WAFFLES/SYRUP                                 | 23<br>SCRAMBLED EGG<br>HAM<br>BISCUIT   |
| 26<br>CHEESE<br>OMELET                   | 27<br>BREAKFAST<br>ENCHILADAS | 28<br>BACON QUICHE<br>OR<br>CREAM OF<br>WHEAT         | 29<br>BREAKFAST<br>BAGEL<br>SANDWICH                | 30<br>FRENCH TOAST<br>SAUSAGE<br>PATTIE |

# March

# Lunch Menu

There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
|  <p><i>Happy St. Patrick's Day</i><br/>March 17</p> |  |   |  |  |
| <p>5<br/>Chicken Strips Or<br/>Steakfingers<br/>Mashed Potatoes/Gravy<br/>Wheat Roll<br/>Salad Bar</p>                                | <p>6<br/>Tuna Salad Sandwich Or<br/>Chicken Fiesta Sandwich<br/>Sweet Potato Waffle Fries<br/>Coleslaw<br/>Salad bar</p> | <p>7<br/>Ranch Baked Chicken Or<br/>Sliced Turkey<br/>Mashed Potatoes/Gravy<br/>California Veg. Blend<br/>Salad Bar</p>     | <p>1<br/>Chicken or Beef Fajitas<br/>Seasoned Pinto Beans<br/>Salad Bar</p>  | <p>2<br/>Meatballs/Gravy<br/>Buttered Egg Noodles<br/>Brussel Sprouts<br/>Wheat Roll<br/>Salad Bar</p> |
| <p>12<br/>Bear Burger Or<br/>Hot Dog<br/>Tater Tots<br/>Salad Bar</p>   | <p>13<br/>Oven Fried Chicken<br/>P/A BBQ Chicken<br/>Mashed Potatoes/Gravy<br/>Salad Bar</p>                             | <p>14<br/>Spaghetti w/Meat Sauce<br/>Macaroni and Cheese<br/>Seasoned Peas &amp; Carrots<br/>Garlic Bread<br/>Salad Bar</p> | <p>8<br/>Club Sandwich Or<br/>Roast Beef Wrap<br/>Tater Tots<br/>Salad Bar</p>                                       | <p>9<br/>Super Nachos<br/>Refried Beans<br/>Salad Bar</p>  |
| <p>19<br/>Fish Nuggets Or<br/>Chicken Nuggets<br/>Waffle Fries<br/>Salad Bar</p>  | <p>20<br/>Chimichanga Or<br/>Chile Rellano<br/>Seasoned Pinto Beans<br/>Salad Bar</p>                                    | <p>21<br/>BBQ Chicken Or<br/>Sour Cream and Onion Chicken<br/>Au Gratin Potatoes<br/>Seasoned Broccoli<br/>Salad Bar</p>    | <p>15<br/>Ham and Cheese or<br/>Turkey and Cheese Paninis<br/>French Fries<br/>Salad Bar</p>                         | <p>16<br/>Chicken Alfredo<br/>Seasoned Asparagus<br/>Breadstick<br/>Salad Bar</p>                      |
| <p>26<br/>Variety of Pizza<br/>Sliced Jicama<br/>Salad Bar</p>  | <p>27<br/>Chicken and Rice Or<br/>Oven Fried Chicken<br/>Brown Rice<br/>Glazed Carrots<br/>Salad Bar</p>                 | <p>28<br/>Chicken Or Beef<br/>Fajitas<br/>Seasoned Pinto Beans<br/>Salad Bar</p>  | <p>22<br/>Sliced Roast Beef Or<br/>Sliced Pork Roast<br/>Mashed Potatoes w/Gravy<br/>Summer Squash<br/>Salad Bar</p> | <p>23<br/>Chicken Strips w/Gravy<br/>Tater Tots<br/>Salad Bar<br/>Garlic Bread</p>                     |
| <p>26<br/>Variety of Pizza<br/>Sliced Jicama<br/>Salad Bar</p>  | <p>27<br/>Chicken and Rice Or<br/>Oven Fried Chicken<br/>Brown Rice<br/>Glazed Carrots<br/>Salad Bar</p>                 | <p>28<br/>Chicken Or Beef<br/>Fajitas<br/>Seasoned Pinto Beans<br/>Salad Bar</p>  | <p>29<br/>Chicken Salad on Lettuce Leaf<br/>Chicken Flatbread Sandwich<br/>BBQ Chips<br/>Salad Bar</p>               | <p>30<br/>Salisbury Steak<br/>Buttered Noodles<br/>Seasoned Peas<br/>Salad Bar</p>                     |

# March

# Dinner Menu

There is a variety of milk and juice available at each meal as well as a variety of fruits to choose from.



*Hang in there...  
Spring's almost here!*

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY |
|--|--|---|--|--------|
|  |  |   | 1<br>Fish Nuggets<br>Steak Fries<br>Sliced Tomatoes and Cucumbers<br>Tossed Salad/Dressing |        |
| 5<br>Chimichanga/Cheese Sauce<br>Seasoned Pinto Beans<br>Salad Bar       | 6<br>Chicken Nuggets<br>Waffle Fries<br>Broccoli w/Cheese<br>Salad Bar     | 7<br>Stromboli<br>Potato Chips<br>Pickle Spear<br>Salad Bar         | 8<br>Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Tossed Salad/Dressing                 |        |
| 12<br>Chicken Bacon Ranch Flatbread<br>Seasoned Green Beans<br>Salad Bar | 13<br>Burrito<br>Seasoned Pinto Beans<br>Salad Bar                         | 14<br>Salisbury Steak<br>Mashed Potatoes/Gravy<br>Salad Bar<br>Roll | 15<br>Cheese Enchiladas<br>Refried Beans<br>Tossed Salad/Dressing                          |        |
| 19<br>Variety of Pizza<br>Seasoned Broccoli<br>Salad bar                 | 20<br>Orange Chicken<br>Stir Fry Vegetables<br>Salad bar<br>Fortune Cookie | 21<br>Lasagna<br>Seasoned Green Beans<br>Garlic Toast<br>Salad Bar  | 22<br>Corn Dog<br>French Fries<br>Tossed Salad/Dressing                                    |        |
| 26<br>Chicken Quesadilla<br>Glazed Carrots<br>Salad Bar                  | 27<br>Meatloaf<br>Buttered Potatoes<br>Salad bar<br>Roll                   | 28<br>Fish Sandwich<br>Tater Tots<br>Seasoned Peas<br>Salad bar     | 29<br>Super Nachos<br>Pinto Beans<br>Tossed Salad/Dressing                                 |        |