March 2024 Breakfast Menu



|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- | --- |
| **Mar 4 - 8** | Egg and Cheese Breakfast Sliders  Breakfast Potatoes  Fruit Cup  Choice of Milk | Cinnamon Roll  Cheese Stick  Mandarin Oranges  Choice of Milk | Breakfast Pita  Apple Sauce  100% Fruit Juice  Choice of Milk | Biscuit with Turkey Sausage Gravy  Pears  Choice of Milk | Cereal with Milk  Chef’s Choice of Fruit  100% Fruit Juice |
| **Mar 11**  **-**  **15** | Bagel with Cream Cheese  Chef’s Choice of Fruit  Choice of Milk | Pancakes with Syrup  Turkey Sausage  Mixed Berries  Choice of Milk | Apple Cinnamon Oatmeal  Banana  Choice of Milk | Cereal with Milk  Chef’s Choice of Fruit  100% Fruit Juice |  |
| **Mar 18**  **-**  **22** |  |  |  |  |  |
| **Mar 25**  **-**  **29** | French Toast Sticks  100% Fruit Juice  Chef’s Choice of Fruit  Choice of Milk | Scrambled Eggs  Turkey Sausage  Breakfast Potatoes  Fruit Cup  Choice of Milk | Cereal Bar  Cheese Stick  Applesauce  Choice of Milk | Breakfast Casserole  Chef’s Choice of Fruit  Choice of Milk | Cereal with Milk  Chef’s Choice of Fruit  100% Fruit Juice |

March 2024 Lunch Menu



|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- | --- |
| **Mar**  **4 - 8** | Cheesy Baked Spaghetti  Garlic Bread  California Veggies  Grapes  Choice of Milk | Chicken Noodle Soup  Biscuit  Roasted Carrots  Chef’s Choice of Fruit  Choice of Milk | Cheeseburger  Green Peas  Peaches  Choice of Milk | BBQ Chicken Sandwich  Tater Tots  Green Salad  Orange Slices  Choice of Milk | Taco Salad Bowl over Cilantro Rice  Corn Salsa  Pineapple  Choice of Milk |
| **Mar 11**  **-**  **15** | Turkey Corn Dog  Baked Beans  Cabbage Slaw  Mandarin Oranges  Choice of Milk | Cheesy Chicken Broccoli and Rice Casserole  Roasted Carrots  Chef’s Choice of Fruit  Choice of Milk | Beef Stroganoff  Dinner Roll  Broccoli  Grapes  Choice of Milk | Turkey and Cheese Sandwich  French Fries  Garden Salad  Peaches  Choice of Milk |  |
| **Mar 18**  **-**  **22** |  |  |  |  |  |
| **Mar 25**  **-**  **29** | Chicken Strips  Sweet Potato Fries  Green Peas  Apple  Choice of Milk | Salisbury Steak  Mashed Potatoes  Dinner Roll  California Mixed Veggies  Grapes  Choice of Milk | Chicken Alfredo Pasta  Breadstick  Spinach  Peaches  Choice of Milk | Beef Lasagna  Italian Salad  Garlic Bread  Mixed Fruit  Choice of Milk | Turkey and Cheese Pinwheels  Chips  Carrots & Ranch Dip  Orange Slices  Choice of Milk |

**Upper Academy March 2024 Salad Bar Menu**

| **Salad Bar Menu** | | | | |
| --- | --- | --- | --- | --- |
| **Salad Base** | **Vegetables** | **Proteins** | **Cold Items** | **Dressings** |
| Romaine Lettuce | Sweet Corn  Chopped Tomatoes  Sliced Jalapenos  Chopped Onions | Mexican Shredded Cheese  Black Beans | Dinner Rolls  Fritos  Whole Fruit | Chipotle Ranch  Ranch |

March 2024 Pre-K Snack Menu



|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- | --- |
| **Mar**  **4 - 8** | Goldfish  Fresh Fruit  Milk | Whole Wheat Tortilla  Banana  Sunflower Butter  Water | Carrot Sticks  Ranch Dressing  Crackers  100% Juice | Trail Mix  (Cheerios, Raisins)  Milk | Cheese Stick  Crackers  100% Fruit Juice |
| **Mar 11**  **-**  **15** | Goldfish  Fresh Fruit  Milk | Whole Wheat Tortilla  Banana  Sunflower Butter  Water | Carrot Sticks  Ranch Dressing  Crackers  100% Juice | Trail Mix  (Cheerios, Raisins)  Milk |  |
| **Mar 18**  **-**  **22** |  |  |  |  |  |
| **Mar 25**  **-**  **29** | Goldfish  Fresh Fruit  Milk | Whole Wheat Tortilla  Banana  Sunflower Butter  Water | Carrot Sticks  Ranch Dressing  Crackers  100% Juice | Trail Mix  (Cheerios, Raisins)  Milk | Cheese Stick  Crackers  100% Fruit Juice |

March 2024 Kindergarten Snack Menu



|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- | --- |
| **Mar**  **4 - 8** | Goldfish  Milk | Sunflower Butter  Whole Wheat Tortilla  Water | Carrots  Ranch Dressing  100% Juice | Trail Mix  (Cheerios, Raisins)  Water | Cheese Stick  100% Fruit Juice |
| **Mar 11**  **-**  **15** | Goldfish  Milk | Whole Wheat Tortilla  Sunflower Butter  Water | Carrots  Ranch Dressing  100% Juice | Trail Mix  (Cheerios, Raisins)  Water |  |
| **Mar 18**  **-**  **22** |  |  |  |  |  |
| **Mar 25**  **-**  **29** | Goldfish  Milk | Sunflower Butter  Whole Wheat Tortilla  Water | Carrots  Ranch Dressing  100% Juice | Trail Mix  (Cheerios, Raisins)  Water | Cheese Stick  100% Fruit Juice |