

SCHOOL MENU – SPRING 2020

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY MARCH 29TH	MONDAY MARCH 30TH	TUESDAY APRIL 1ST	WEDNESDAY APRIL 2ND	THURSDAY APRIL 3RD	FRIDAY APRIL 4TH	SATURDAY APRIL 5TH
2 FRENCH TOAST BUTTER PURE MAPLE SYRUP SLICED PEACHES IN JUICE ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL JELLY/BUTTER OR LOW FAT CREAM CHEESE YOGURT PARFAIT STATION FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG SANDWICH EGG, MEAT, CHEESE BANANA ½ PT MILK ½ PT OJ	1 CUP OATMEAL W/ APPLES AND CINNAMON FRESH FRUIT YOGURT PARFAIT STATION ½ PT MILK ½ PT OJ	1 BREAKFAST BURRITO ½ CUP MIXED FRUIT SALAD ½ PT MILK ½ PT OJ	2 WAFFLES BUTTER MAPLE SYRUP BANANA ½ PT MILK ½ PT OJ	3 OZ. SCRAMBLED EGGS WITH OR W/O CHEESE 1 ENGLISH MUFFIN ½ CUP HASH BROWN PATTY FRESH FRUIT ½ PT MILK ½ PT OJ
5 OZ BBQ BRISKET ½ CUP MASHED POTATO ½ CUP GLAZED CARROTS GREEN SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS BREADED 1 CUP SWEET POTATO FRIES ½ CUP GREEN BEANS GREEN SALAD BAR FRESH FRUIT ½ PT MILK	2 TACOS WITH "THE WORKS" 4OZ MEAT ½ CUP QUINOA ½ CUP GREEN SALAD BAR FRESH FRUIT ½ PT MILK	BYOB BAR 6OZ BUILD YOUR OWN BURGER TURKEY OR BEYOND BURGER ½ CUP PEAS & CARROTS SALAD BAR FRESH FRUIT ½ PT MILK	5 OZ. MEATBALLS ½ CUP PASTA W/ SAUCE ½ CUP GREEN BEANS GREEN SALAD ½ PT MILK	2 SLICES PIZZA OR 5OZ SALMON ½ CUP BROCCOLI GREEN SALAD BAR FRESH FRUIT ½ PT MILK	5 OZ. ROAST CHICKEN BREAST ½ CUP ASPARAGUS TIPS 1 CUP CORN GREEN SALAD BAR FRESH FRUIT ½ PT MILK
1.5 CUPS PASTA W/ TURKEY BOLOGNESE SAUCE GREEN BEANS GREEN SALAD ½ PT MILK	4 OZ MEATLOAF WITH GRAVY ½ CUP ROOT VEGETABLE MASH GREEN SALAD BAR ½ PT MILK	6 OZ CHINESE CHICKEN & BROCCOLI ½ CUP BROWN RICE GREEN SALAD FRESH FRUIT ½ PT MILK	½ CUP PASTA W/SAUCE 6 OZ GRILLED CHICKEN ½ CUP PEPPERS & ONIONS GREEN SALAD ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS BREADED 1CUP SWEET POTATO FRIES ½ CUP SPINACH GREEN SALAD BAR FRESH FRUIT ½ PT MILK	6 OZ AIR FRIED CHICKEN CORNBREAD ½ CUP BRUSSEL SPROUTS GREEN SALAD FRESH FRUIT ½ PT MILK	6OZ PORK LOIN ½ CUP ROAST POTATO ½ CUP CARROTS FRESH FRUIT SALAD BAR ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

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| <ol style="list-style-type: none"> 1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM) 2. CRUDITE AVAILABLE AT ALL MEALS WITH HUMMUS 3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH 4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE | <ol style="list-style-type: none"> 5. LOW FAT LOW SUGAR SNACKS 2 PER DAY 6. LOW SUGAR WHOLE GRAIN CEREAL 7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER 8. SALAD AND LOW FAT SALAD DRESSINGS SERVED AT EVERY MEAL |
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SCHOOL MENU – SPRING 2020

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APRIL 6TH	MONDAY APRIL 7TH	TUESDAY APRIL 8TH	WEDNESDAY APRIL 9TH	THURSDAY APRIL 10TH	FRIDAY APRIL 11TH	SATURDAY APRIL 12TH
1 CUP HOT CREAM OF WHEAT WITH CINNAMON AND BANANA ORGANIC YOGURT ½ PT MILK ½ PT OJ	1 FRESH BAGELS CREAM CHEESE OR BUTTER ORGANIC YOGURT FRESH FRUIT SALAD ½ PT MILK ½ PT OJ	3 OZ. SCRAMBLED EGGS W/ CHEESE WHOLE WHEAT TOAST ½ CUP HOME FRIES FRUIT COCKTAIL ½ PT MILK ½ PT OJ	2 SLICES FRENCH TOAST PURE MAPLE SYRUP 2 OZ TURKEY SAUSAGE FRESH FRUIT ½ PT MILK ½ PT OJ	1 EGG MC MUFFINS FRUIT COCKTAIL ½ PT MILK ½ PT OJ	1 CUP CEREAL YOUR CHOICE ORGANIC YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WAFFLES PURE MAPLE SYRUP BUTTER FRESH BERRIES ½ PT MILK ½ PT OJ
1 HOT TURKEY AND CHEESE WRAP WHOLE WHEAT ½ CUP MIXED VEGGIES GREEN SALAD BAR FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP FRENCH FRIES ½ CUP ROASTED ZUCCHINI GREEN SALAD BAR FRESH FRUIT ½ PT MILK	2 TACOS WITH “THE WORKS” 5 OZ MEAT ½ CUP RICE AND BEANS 1 CUP SOUP OF THE DAY GREEN SALAD BAR FRESH FRUIT ½ PT MILK	BYOB BAR 6 OZ BUILD YOUR OWN BURGER BEEF OR BEYOND BURGER ½ CUP PEAS & CARROTS SALAD BAR FRESH FRUIT ½ PT MILK	5 OZ. SHRIMP SCAMPI AND PASTA ½ CUP SAUTÉED YELLOW SQUASH & ZUCCHINI 1 SLICE WHOLE WHEAT GARLIC BREAD 1 CUP SOUP OF THE DAY GREEN SALAD ½ PT. MILK	2 SLICES PIZZA OR 5 OZ SALMON ½ CUP SAUTÉ’ SPINACH AND CORN GREEN SALAD BAR FRESH FRUIT ½ PT MILK	1 GRILLED CHEESE WITH PESTO AND TOMATO GREEN SALAD BAR FRUIT ½ PT MILK
5 OZ BAKED ZITI ½ CUP GREEN BEANS GREEN SALAD FRESH FRUIT ½ PT MILK	MEATBALL PARM SUB 6 OZ MEATBALLS ½ CUP BROCCOLI GREEN SALAD FRUIT ½ PT MILK	1 BAKED POTATO 6 OZ MARINATED STEAK ½ CUP BROCCOLI CHEESE SAUCE GREEN SALAD ½ PT MILK	1 CHICKEN OR BEAN QUESADILLA ½ CUP QUINOA ½ CUP CORN GREEN SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS BREADED ½ CUP SWEET POTATO FRIES ½ CUP GREEN BEANS GREEN SALAD BAR FRESH FRUIT ½ PT MILK	5 OZ. BEER BATTERED COD ½ CUP RICE AND PEAS GREEN SALAD FRESH FRUIT ½ PT MILK	6OZ JAMAICAN BEEF PATTIES 1 CUP CARROTS FRESH FRUIT SALAD BAR ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

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SCHOOL MENU – SPRING 2020

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APRIL 13TH	MONDAY APRIL 14TH	TUESDAY APRIL 15TH	WEDNESDAY APRIL 16TH	THURSDAY APRIL 17TH	FRIDAY APRIL 18TH	SATURDAY APRIL 19TH
3 OZ. EGG OMELET WITH CHEESE & BROCCOLI WHOLE WHEAT BREAD 1 CUP HASH BROWNS BANANA ½ PT. MILK ½ PT. OJ	1 CUP HOT OATMEAL 2 OZ TURKEY SAUSAGE ORGANIC YOGURT BLUEBERRIES ½ PT MILK ½ PT OJ	WHOLE WHEAT FRENCH TOAST (2) PURE MAPLE SYRUP BUTTER BANANA ½ PT MILK ½ PT OJ	BREAKFAST BURRITO 6 OZ TACO MEAT WHOLE WHEAT TORTILLA WRAP APPLES ½ PT MILK ½ PT OJ	1 CUP COLD CEREAL ORGANIC YOGURT FRUIT SALAD WITH CANTALOUPE ORGANIC YOGURT ½ PT MILK ½ PT OJ	WHOLE WHEAT PANCAKES 2 PCS. PURE MAPLE SYRUP BANANA OR BERRIES ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGELS CREAM CHEESE AND BUTTER BERRIES ORGANIC YOGURT FRUIT COCKTAIL ½ PT MILK ½ PT OJ
5 OZ PULLED PORK SANDWICHES 1 CUP ROASTED SQUASH GREEN SALAD ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP FRENCH FRIES ½ CUP ROASTED ZUCCHINI GREEN SALAD BAR FRESH FRUIT ½ PT MILK	2 TACOS WITH “THE WORKS” 5 OZ MEAT ½ CUP RICE ½ CUP VEGGIES GREEN SALAD BAR FRESH FRUIT ½ PT MILK	BYOB BAR 6OZ BUILD YOUR OWN BURGER TURKEY OR BEYOND BURGER ½ CUP PEAS & CARROTS SALAD BAR FRESH FRUIT ½ PT MILK	6 OZ. CHICKEN PARMESAN 1/2 CUP PASTA W/SAUCE GREEN SALAD BAR FRESH FRUIT ½ PT MILK	2 SLICES PIZZA OR 5 OZ SALMON ½ CUP STEAMED BROCCOLI GREEN SALAD FRESH FRUIT ½ PT MILK	DELI BAR W/ FIXINGS 3 OZ. MEAT 1 OZ. CHEESE ½ CUP PASTA SALAD GREEN SALAD ½ PT MILK
5 RAVIOLI W/ TOMATO SAUCE ½ CUP GREEN BEANS TOSSED SALAD ½ PT MILK	4 OZ. ROASTED CHICKEN ½ CUP ROAST POTATO 1 CUP STEAMED BROCCOLI GLAZED CARROTS ½ PT MILK	6 OZ BEEF FAJITA ½ CUP PEPPERS AND ONIONS ½ CUP RICE GREEN SALAD FRESH FRUIT ½ PT MILK	½ CUP PASTA 6 OZ GRILLED CHICKEN ½ CUP PEPPERS & ONIONS CHOICE OF TWO SAUCES GREEN SALAD ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS BREADED 1 CUP SWEET POTATO FRIES ½ CUP SPINACH GREEN SALAD BAR FRESH FRUIT ½ PT MILK	SAUSAGE HERO 6 OZ SAUSAGE ½ CUP PEPPERS & ONIONS ½ CUP SPINACH GREEN SALAD FRESH FRUIT ½ PT MILK	6OZ MEATBALLS ½ CUP BROCCOLI ½ CUP PASTA W/SAUCE FRESH FRUIT SALAD BAR ½ PT MILK

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SCHOOL MENU – SPRING 2020

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY APRIL 20TH	MONDAY APRIL 21ST	TUESDAY APRIL 22ND	WEDNESDAY APRIL 23RD	THURSDAY APRIL 24TH	FRIDAY APRIL 25TH	SATURDAY APRIL 26TH
2 OZ. SCRAMBLED EGGS W/ CHEESE 1 CUP HASH BROWN PATTY MARGARINE/JAM FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE LOW FAT BRAN MUFFIN OR BLUEBERRY MARGARINE/JAM 1 YOGURT FRESH FRUIT SALAD ½ MILK ½ PT OJ	1 CUP COLD CEREAL 3 CHOICES ½ CUP BERRIES 1 HARD-BOILED EGG ½ PT MILK ½ PT OJ	EGG MC MUFFINS WITH HAM, EGG, AND CHEESE FRUIT COCKTAIL ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL BUTTER OR CREAM CHEESE BERRIES FRESH FRUIT 1 YOGURT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN PANCAKES MARGARINE/SYRUP 1 OZ TURKEY SAUSAGE FRESH FRUIT 1 YOGURT ½ PT MILK ½ PT OJ	2 OZ. SCRAMBLED EGGS W/ CHEESE WHOLE WHEAT BREAD APPLE SAUCE ½ PT MILK ½ PT OJ
6 OZ ROAST BEEF GRAVY 1 CUP CORN GREEN SALAD BAR WITH VEGGIES FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS 1 CUP FRENCH FRIES ½ CUP ROASTED ZUCCHINI AND PEPPERS GREEN SALAD BAR FRESH FRUIT ½ PT MILK	2 TACOS WITH “THE WORKS” 5 OZ MEAT ½ CUP RICE ½ CUP VEGGIES GREEN SALAD BAR FRESH FRUIT ½ PT MILK	BYOB BAR 6 OZ BUILD YOUR OWN BURGER BEEF OR BEYOND BURGER ½ CUP PEAS & CARROTS SALAD BAR FRESH FRUIT ½ PT MILK	4OZ MACARONI AND CHEESE 1 CUP BROCCOLI SALAD BAR FRESH FRUIT ½ PT MILK	2 SLICES PIZZA OR 5 OZ SALMON 1 CUP GREEN BEANS GREEN SALAD FRESH FRUIT ½ CUP SAUTÉED GREENS ½ PT. MILK	DELI BAR HOMEMADE MEATS(TURKEY/HAM/ASSORTED CHEESES) 3 OZ. MEAT 1 OZ. CHEESE 2 WHOLE WHEAT BREAD SALAD BAR ½ PT MILK
5 OZ. PORK LOIN ½ CUP ROASTED SWEET POTATOES ½ CUP GREEN BEANS TOSSED SALAD FRESH FRUIT ½ PT MILK	5 OZ CHICKEN ALFREDO ½ CUP NOODLES 1 CUP GLAZED CARROTS GREEN SALAD FRESH FRUIT ½ PT MILK	6 OZ MARINATED STEAK 1 BAKED POTATO ½ CUP BROCCOLI CHEESE SAUCE GREEN SALAD ½ PT MILK	6 OZ STUFFED PEPPERS ½ CUP MASHED POTATOES 1 CUP STEAMED GREEN BEANS GREEN SALAD FRESH FRUIT ½ PT MILK	4 BELL AND EVANS CHICKEN TENDERS BREADED ½ CUP RICE 1 CUP GREEN BEANS GREEN SALAD BAR FRESH FRUIT ½ PT MILK	4OZ PHILLY CHEESESTEAK PEPPERS & ONIONS 1 CUP SWEET POTATO FRIES SALAD BAR FRESH FRUIT ½ PT MILK	6OZ QUESADILLA ½ CUP VEGGIES ½ CUP RICE FRESH FRUIT SALAD BAR ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

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