

March

Breakfast Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> Dipper Doodle Bar Fresh Fruit <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> Banana Muffin Fruit <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> Cinnamon Crumble / Fresh Fruit <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> Honey Buttons Cereal/ Fruit <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> Lemon Muffin/ Fruit <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> Zac Omega Bar Apple/Fruit <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/ Cream Cheese/ Fruit <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> Flurries Cereal/ Fruit <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> Cocoa Bops Cereal / Fruit <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese/ Fruit <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> French Toast Muffin/ Fruit <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Bagel Sandwich w/ Turkey and Cream Cheese <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> Banana Muffin/ Fruit <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> Zac Omega Bar Strawberry/Fruit <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> Lemon Muffin/ Fruit <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/ Cream Cheese <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> Blueberry Muffin/ Fruit <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble/ Fruit <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> String Cheese/ Skeeter Cinnamon Grahams <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> French Toast Muffin/ Fruit <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble/ Fruit <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> Plain Whole Wheat bagel/ Cream Cheese <p style="text-align: right;">31</p>

What's New?

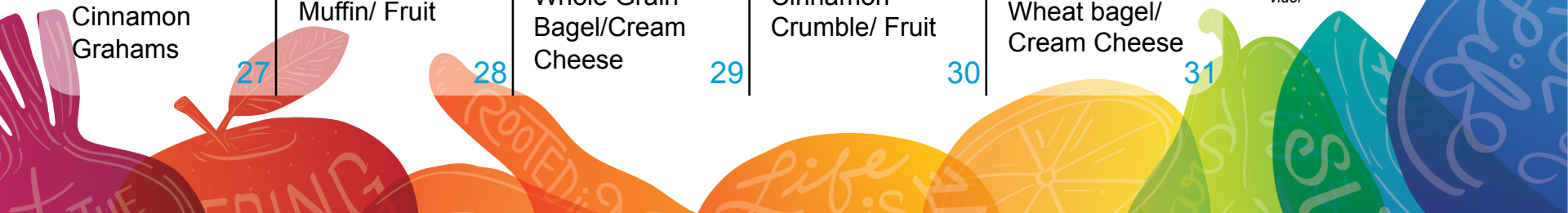
March 6 – 10th is **National School Breakfast**, and we're serving all your favorites to celebrate!

Try our delicious Lemon Muffin, you will also enjoy the delightful Cinnamon Crumble and more..

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity vider



March

Lunch Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> Turkey Sandwich on whole grain bread w/ fresh Fruit and Vegetables 1 	<ul style="list-style-type: none"> Orange Chicken Rice Bowl (DF) Chopped Lettuce and Sliced Tomatoes with Ranch 2 	<ul style="list-style-type: none"> Hawaiian meatballs w/island style rice Sweet potatoes 3
<ul style="list-style-type: none"> BBQ chicken wrap Steamed corn 6 	<ul style="list-style-type: none"> Chicken pot stickers edamame & baby carrots 7 	<ul style="list-style-type: none"> Chicken salad sandwich Sweet potatoes 8 	<ul style="list-style-type: none"> Natural hot dog Celery sticks with ranch 9 	<ul style="list-style-type: none"> Kickin chicken melt sandwich Braised greens 10
<ul style="list-style-type: none"> Chicken bites Green peas 13 	<ul style="list-style-type: none"> Orange chicken rice bowl Pinto beans & baby carrots 14 	<ul style="list-style-type: none"> Sesame chicken wrap Chilled, seasoned green beans 15 	<ul style="list-style-type: none"> Flame broiled beef cheeseburger Chopped lettuce and sliced tomatoes with ranch 16 	<ul style="list-style-type: none"> Chicken fajita burrito Sweet potatoes 17
<ul style="list-style-type: none"> Crispy chicken sandwich Chilled, seasoned green beans 20 	<ul style="list-style-type: none"> Cheesy chicken quesadilla Blanched broccoli florets & pinto beans 21 	<ul style="list-style-type: none"> Garden ranch salad w/chicken breast Sweet potatoes 22 	<ul style="list-style-type: none"> Natural hot dog Chopped lettuce and sliced tomatoes with ranch 23 	<ul style="list-style-type: none"> BBQ chicken wrap Steamed corn 24
<ul style="list-style-type: none"> Breakfast for lunch: pancakes w/ sausage Sweet potatoes 27 	<ul style="list-style-type: none"> Chicken teriyaki w/ brown rice Pinto beans & baby carrots 28 	<ul style="list-style-type: none"> BBQ meatballs w/ cheesy rice Green peas 29 	<ul style="list-style-type: none"> BBQ chicken wrap Chopped lettuce and sliced Tomatoes with ranch 30 	<ul style="list-style-type: none"> *NEW* fiesta scoops w/three layer chilled, seasoned green beans 31

What's New?

It's always a party w/ our new **Fiesta Scoops!** Oven-baked tortilla scoops are served w/a cheesy, taco-spiced bean & rice dip.

Look for it on the menu on Tuesday the 14th and 31st

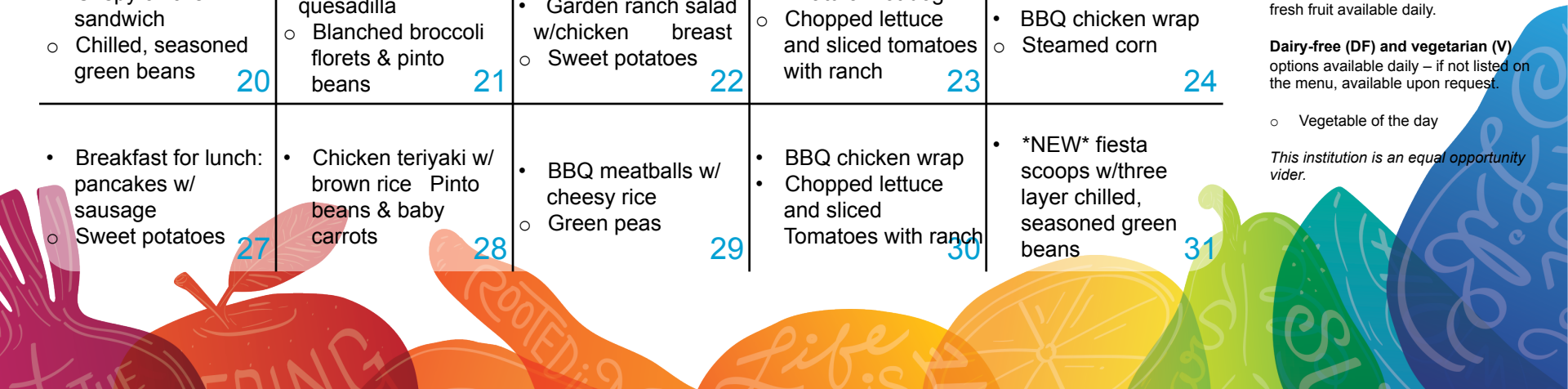
**Fiesta Scoops currently unavailable for schools that receive hot deliveries. On-site oven required.*

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

This institution is an equal opportunity vider.



March

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> dick and janes smart crackers revolution foods honey wheat crackers <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> mini dipperdoodle granola/string cheese <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> blazin hots seeds zac attack bar apple <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> revolution foods honey wheat crackers goldfish cheese crackers goldfish cheese crackers/juice <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> granola/string cheese zac attack bar strawberry <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> blazin hots seeds yogurt <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> skeeter honey grahams multigrain rumbles - ranch <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> sunflower seeds mini dipperdoodle <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> blazin hots seeds string cheese <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> skeeter cinnamon grahams dick and janes smart crackers <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> sunflower seeds mini dipperdoodle <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> multigrain rumbles - ranch goldfish pretzels <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> zac attack bar strawberry granola/string cheese <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> goldfish cheese crackers skeeter honey grahams <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> granola/string cheese mini dipperdoodle <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> blazin hots seeds yogurt <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> sunflower seeds zac attack bar apple <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> revolution foods honey wheat crackers multigrain rumbles - salsa fresca <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> dick and janes smart crackers dick and janes smart crackers/juice multigrain rumbles - ranch <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> sunflower seeds string cheese <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> goldfish pretzels skeeter cinnamon grahams <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> mini dipperdoodle granola/string cheese <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> blazin hots seeds zac attack bar apple <p style="text-align: right;">31</p>

Did You Know?

Get your grains on! Our Rumbles come in three different flavors, and all are made w/six different types of whole grains, including wheat, cornmeal, barley, brown rice, spelt, and rye

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

This institution is an equal opportunity vider

