

# Breakfast K-12

March 2023

MON

TUE

WED

THU

FRI

National School  
Breakfast Week  
March 6-10, 2023

**DIG IN  
TO SCHOOL  
BREAKFAST™**

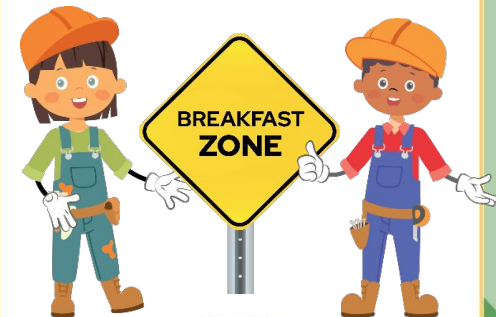
		1 Diced Peaches & 100% Grape Juice  Banana Muffin Raisins & Applesauce	2 Cinnamon Toast Crunch w/ Graham Crackers  Applesauce & 100% Orange Juice	3 Cinnamon Crips Bar  Raisins & 100% Grape Juice
6 Cherry Cocoa Bar  Fresh Pear & 100% Pineapple Juice	7 Diced Pineapple & 100% Apple Juice Strawberry Yogurt w/ Graham Crackers Fresh Apple & Diced pineapple	8 Honey Bunches of Oats Cereal Graham Crackers  Diced Peaches & 100% Grape Juice	9 Plain Bagel Cream Cheese  Applesauce & 100% Orange Juice	10 Cinnamon Flakes Cereal Graham Crackers  Fresh Banana & 100% Pineapple Juice
13 Cinnamon Crisp Bar  Raisins & 100% Grape Juice	14 Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	15 Cinnamon Flakes Cereal Graham Crackers Diced Peaches & 100% Grape Juice	16 Plain Bagel Cream Cheese  Applesauce & 100% Orange Juice	17 <b>NO SCHOOL FOR SCHOLARS</b>
20 <b>NO SCHOOL FOR SCHOLARS</b>	21 Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	22 Cinnamon Raisin Bagel Butter Diced Peaches & 100% Grape Juice	23 Honey Bunches of Oats Graham Crackers Applesauce & 100% Orange Juice	24 Cherry Cocoa Bar  Fresh Banana & 100% Pineapple Juice
27 Multi-Grain Frosted Flakes Graham Crackers Diced Peaches 100% Grape Juice	28 Strawberry Yogurt Graham Crackers Fresh Apple & Diced Pineapple	29 Banana Muffin  Raisins & Applesauce	30 Cinnamon Toast Crunch Graham Crackers Applesauce & 100% Orange Juice	31 Cinnamon Crisp Bar  Raisins & 100% Grape Juice

All grain products are whole grain rich

There are no pork products on this menu

Meats are lean and cheeses are low fat

All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



**WHITSONS®**  
Prepared Meals

# Lunch K-8

March 2023

MON

TUE

WED

THU

FRI

		1 Beef Meatloaf with Gravy  Mashed Potatoes Fresh Apple	2 Chicken Tamale Spanish Brown Rice & Beans  Banana	3 French Bread Cheese Pizza Baby Carrots  Apple
6 Beef Salisbury with Gravy Roasted Potatoes Fresh Apple	7 Chicken & Vegetable Dumplings  Oriental Vegetables Pear	8 BBQ Chicken Baked Beans Apple	9 Turkey Fajita  Brown Rice Carrots Banana	10 Cheese Pizza  Garden Side Salad Apple
13 Cheese Beef Burger Roasted Potatoes Apple	14 Fajita Chicken Black Beans & Tomatoes Pear	15 Beef Meatballs  Tomato Sauce & Cheese Broccoli Apple	16 Field Trip Cold Cut Sandwiches	17 <b>NO SCHOOL FOR SCHOLARS</b>
20 <b>NO SCHOOL FOR SCHOLARS</b>	21 Turkey Hot Dogs with Bun Baked Beans  Pear	22 Protein Pasta Alfredo  Breeding Peas	23 Chicken Caesar Salad  Banana	24 Cheese Pizza Baby Carrots Apple
27 Chicken Nuggets Baked Beans Apple	28 Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese  Broccoli Pear	Beef Meatloaf with Gravy  Mashed Potatoes Apple	Chicken Tamale Roasted Sweet Potatoes  Banana	French Bread Cheese Pizza Baby Carrots  Apple

## Did You Know?

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- There are no pork products on this menu
- Meats are lean and cheeses are low fat
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