









ELEMENTARY GRADES PreK-6
March 2019 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4  Cinnamon Toast Crunch Cheese-Filled Bar (40g)	3/5  Breakfast Cheese Pizza Bagel (19g)	3/6  Mini Cinnis (39g)  Ohio Day Cherry Star 100% Juice (14g)	3/7  Egg & Cheese Breakfast Taco (17g)	3/8  Blueberry Pancakes (35g)
3/11 Grape-Filled Crescent Roll (35g)	3/12 Cinnamon French Toast (37g)	3/13 Confetti Pancakes (36g)	3/14 Blueberry Waffles (36g)	3/15 Strawberry Pancakes (40g)
3/18 Sweet Potato Swirl Roll (33g)	3/19 Maple Pancakes (38g)	3/20 Mini Cinnis (39g)	3/21 Turkey Sausage Pancake Wrap (17g) †	3/22 Bagels with Strawberry Creamy Cheese (41g)
3/25 NO SCHOOL	3/26 Cinnamon French Toast (37g)	3/27 Confetti Pancakes (36g)	3/28 Blueberry Waffles (36g)	3/29 Strawberry Pancakes (40g)
<p>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST: Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g) Orange juice (14g) and apple juice (14g) are offered at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch. A complete breakfast and lunch are FREE to every student!!</p>		<p>Grams of carbohydrate for each food are listed as (g). *Sliced wheat bread (12g) offered with entree. † Dairy-free entrée <> Plant-based entrée VEGGIE POWERED MEALS EVERY MONDAY! Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider.</p> 		
Revised 2/20/2019 	National School Breakfast Week			
LUNCH				
3/4 *Dynamite Dippers (25g) <> † Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> † Potato Wedges (14g)	3/5 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) † for K-6 ONLY *Yogurt with Granola & Cheese Stick (30-34 g) <>	3/6 *Chicken Nuggets (13g) † Cheese Pizza (30g) <> *Turkey Ham & Cheese with Tortilla Strips (25g)	3/7 Hamburger/Bun (20g) † Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	3/8 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly & Bagel (49g) <> † Corn (17g)
3/11 *Chili with Cheese (19g) and Cornbread (23g)<> Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard boiled eggs} (2g) <> D	3/12 *Chicken Drumstick (5g) † Cheese Pizza (30g) <> Cheddar Cheese Bits (0g) with Tortilla Strips (23g) <> Baked Beans (30g) <>	3/13 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) † for K-6 ONLY Mixed Veggies -carrot, pea, green bean & corn (9g) WOW Soy Butter & Jelly Sandwich (55g) <>	3/14 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard boiled eggs} (2g) <> D	3/15 Chicken Patty on Bun (29g) † Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>
3/18 *Dynamite Dippers (25g) <> † Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> † Potato Wedges (14g)	3/19 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) † for K-6 ONLY *Yogurt with Granola & Cheese Stick (30-34 g) <>	3/20 *Chicken Nuggets (13g) † Cheese Pizza (30g) <> *Cheddar Cheese Bits (0g) with Tortilla Strips (23g) <>	3/21 Hamburger/Bun (20g) † Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	3/22 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly Bagel (49g) <> † Corn (17g)
3/25 NO SCHOOL	3/26 *Chicken Drumstick (5g) † Cheese Pizza (30g) <> *Cheddar Cheese Bits (0g) with Tortilla Strips (23g) <> Baked Beans (30g) <>	3/27 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) † for K-6 ONLY Mixed Veggies -carrot, pea, green bean & corn (9g) WOW Soy Butter & Jelly Sandwich (55g) <>	3/28 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard boiled eggs} (2g) <> D	3/29 Chicken Patty on Bun (29g) † Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>