

March 2024 Breakfast Menu

ONE-TABLE

Monday

- 4**
- Build Your Own Parfait **V**
 - Bagel w/ Cream Cheese **V**
 - Orange Wedges
 - Frozen Blueberries

Tuesday

- 5**
- Egg & Cheese Flatbread Sandwich **V**
 - Vanilla Yogurt w/ Graham Crackers **V**
 - Banana Muffin w/ String Cheese **V**
 - Fresh Apple
 - Fresh Tangerine

Wednesday

- 6**
- Layer Parfait **V**
 - Oatmeal w/ Baked Cinnamon Apples **V**
 - Apple Cinnamon Muffin w/ String Cheese **V**
 - Fresh Whole Apples
 - Watermelon

Thursday

- 7**
- French Toast Sticks **VE**
 - Blueberry Patch Parfait w/ Graham Crackers **V**
 - Apple Cinnamon Muffin w/ String Cheese **V**
 - Grape Juice
 - Fresh Apple Slices

Friday

- 8**
- Build Your Own Breakfast Bowl
 - Scrambled Eggs
 - Turkey Sausage
 - Sautéed Peppers & Onions
 - Warm Biscuit
 - Applesauce
 - Fresh Banana



National School Breakfast Week!



- 11**
- Breakfast Bowl w/ Egg Potato Cheese & Salsa
 - Vanilla Yogurt w/ Graham Cracker
 - Blueberry Muffin w/ String Cheese
 - Frozen Blueberries
 - Tangerine

- 12**
- French Toast Sticks w/ Warm Syrup **VE**
 - Cranberry Orange Sunrise Round **V**
 - Apple Cinnamon Muffin w/ String Cheese **V**
 - Baked Cinnamon Apples
 - Orange Wedges

- 13**
- Egg & Cheese Bagel Sandwich **V**
 - Blueberry Snack'n Waffles
 - Banana Muffin w/ String Cheese **V**
 - Orange Wedges
 - Cantaloupe

14
NO SCHOOL

15
NO SCHOOL

- 18**
- French Toast Sticks w/ Syrup **VE**
 - Banana Muffin w/ String Cheese **V**
 - Fresh Tangerine
 - Fresh Apple

- 19**
- Scrambled Eggs w/ Toast **V**
 - Maple Snack'n Waffles **V**
 - Blueberry Muffin w/ String Cheese **V**
 - Apple Juice
 - Pineapple Tidbits

- 20**
- Biscuit w/ Old Fashioned Country Gravy
 - Tropical Mango Round **V**
 - Apple Cinnamon Muffin w/ String Cheese **V**
 - Fresh Banana
 - Frozen Blueberries

- 21**
- Cheese Omelet **V**
 - Plain Bagel w/ Cream Cheese **V**
 - Banana Muffin w/ String Cheese **V**
 - Pineapple Tidbits
 - Orange Wedges

- 22**
- Turkey Sausage & Cheese Breakfast Sandwich on English Muffin
 - Vanilla Yogurt w/ Graham Crackers **V**
 - Blueberry Muffin w/ String Cheese
 - Fresh Tangerine
 - Red Seedless Grapes

- 25**
- Blueberry Snack'n Waffles **V**
 - Hard Boiled Egg Bento Box **V**
 - Banana Muffin w/ String Cheese
 - Fresh Banana
 - Orange Wedges

- 26**
- Turkey Sausage Breakfast Pizza
 - Cinnamon French Toast Bites
 - Blueberry Muffin w/ String Cheese
 - Grape Juice
 - Fresh Tangerine

- 27**
- Chicken Biscuit Sandwich
 - Cranberry Orange Sunrise Round **V**
 - Applesauce
 - Strawberry Cup

- 28**
- Egg & Potato Breakfast Burrito **V**
 - Bagel w/ Cream Cheese **V**
 - Apple Cinnamon Muffin **V**
 - Red Seedless Grapes
 - Pineapple Tidbits

- 29**
- Strawberry Oatmeal **VE**
 - Vanilla Yogurt w/ Graham Crackers **V**
 - Blueberry Muffin w/ String Cheese **V**
 - Frozen Blueberries
 - Strawberry Cup

For an interactive menu a
nutrient information, please visit
us on dcps.sodexomyway.com

Offered Daily:
Skim or 1% Milk

Assorted Cereals:
Cheerios, Rice Chex, Cinnamon
Chex

VE – Vegan
V- Vegetarian
Local

All Grains are whole grain rich

March 2024

Elementary & K-8 Lunch

ONE-TABLE

Monday

Tuesday

Wednesday

Thursday

Friday

4

- Butter Chicken w/ Brown Rice
- Veggie Burger **V**
- Deli Bento Box
- Seasoned Potato Wedges
- Garden Salad

5

- Turkey Sausage & Pancake on a Stick w/ Syrup
- Breakfast Burrito w/ Salsa
- Chef Salad w/ Hard Boiled Egg & Garlic Knot
- Fiesta Roasted Potatoes
- Black Beans

6

- Antipasto Baguette
- Bean & Cheese Burrito **V**
- Caesar Salad w/ Breadstick
- Baked Plantains
- Roasted Broccoli & Carrots
- Burger Toppings

7

- Breaded Chicken Drumstick w/ Mac & Cheese
- Spaghetti & Rainbow Marinara w/ Garlic Knot **V**
- Sunbutter & Jelly Sandwich **VE**
- Caesar Side Salad
- Collard Greens

8

- BBQ Chicken Sandwich
- Cheese Pizza **V**
- Turkey & Cheese Sandwich
- Cheese Pizza **V**
- Roasted Broccoli & Red Peppers
- Roasted Corn



National School Breakfast Week!



11

- Beef Soft Tacos w/ Salsa
- Cheese Filled Breadstick w/ Marinara **V**
- Strawberry Banana Parfait **V**
- Refried Pinto Beans
- Garden Salad

12

- Chicken Nuggets w/ Breadstick
- Mac & Cheese w/ Breadstick **V**
- Pizza Bento Box **V**
- Citrus Glazed Carrots
- Green Peas
- BBQ, Ranch & Ketchup

13

- Shepherds Pie w/ Beef Crumbles & Biscuit
- Broccoli & Cheddar Baked Potato **V**
- Fiesta Salad w/ Breadstick
- Mixed Cabbage & Carrots
- Roasted Broccoli
- Green Apples

14

NO SCHOOL

15

NO SCHOOL

18

- Jamaican Jerk Chicken w/ Brown Rice
- Grilled Cheese Sandwich **V**
- Fiesta Salad w/ Breadstick
- Baby Carrots
- Sweet Plantains

19

- Spaghetti & Beef Marinara w/ Breadcrumbs
- Grilled Cheese Sandwich
- Chef Salad w/ Hard Boiled Egg & Garlic Knot
- Parmesan Green Beans

20

- Antipasto Baguette
- Sweet & Sour Tofu Fried Rice **V**
- Turkey & Cheese Sandwich
- Roasted Broccoli & Carrots
- Green Peas

21

- Turkey Hot Dog
- Lentil Dal w/ Brown Rice **VE**
- Pizza Bento Box
- Roasted Cauliflower
- Oven Baked Fries

22

- Beef Enchilada
- Cheese Pizza **V**
- Chicken Caesar Salad w/ Breadstick
- Caesar Side Salad
- Mexican Black Beans

25

- Beef & Cheese Nachos
- Veggie Burger **V**
- Sunbutter & Jelly Sandwich **VE**
- Mexican Black Beans
- Moroccan Spiced Carrots
- Burger Toppings

26

- Crispy Chicken Nuggets
- Vegan BBQ Sloppy Joe Sandwich **VE**
- Strawberry Banana Parfait **V**
- Tater Tots
- Celery Sticks

27

- Cheese-filled Breadsticks w/ Marinara Sauce **V**
- Veggie Lo Mein w/ Sweet & Sour Tofu
- Turkey & Cheese Sandwich
- Roasted Broccoli
- Sweet Yellow Corn

28

- Chili con Carne w/ Cheese & Breadstick
- Caprese Grilled Cheese Sandwich **V**
- Chicken Caesar Wrap
- Green Peas
- Crinkle Cut Fries

29

- BBQ Chicken Sandwich
- Broccoli & Cheese Baked Potato w/ Dinner Roll **V**
- Fiesta Salad w/ Dinner Roll
- Blue Ribbon Coleslaw
- Roasted Broccoli

For an interactive menu a nutrient information, please visit us on dcps.sodexomyway.com

Students choice:

Skim or 1% hormone free milk and salad bar w/ assorted fruits and vegetables offered at every meal

VE – Vegan
V- Vegetarian
Local

All Grains are whole grain rich

National School Breakfast Week

Busy weekday mornings make it a challenge for many families and students to find time for a healthy breakfast. However, USDA data shows that more and more students are starting their days with a nutritious breakfast in their school cafeterias. The School Breakfast Program currently serves more than 14 million students every day.

Studies show that students who eat school breakfast are more likely to:

- Have better concentration, memory and alertness
- Have improved attendance, behavior and academic performance
- Reach higher levels of achievement in math
- Score higher on standardized tests

National School Breakfast Week (NSBW) reminds the entire school community that school breakfast provides a healthy and energizing start to the day for all students.

A healthy breakfast with the proper balance of nutrients is important for students of every age, but unfortunately as student's progress to middle and high school, participation in school breakfast programs tend to decrease. With greater demands in academics, extracurricular activities and sports, eating breakfast during the teenage years is one way to ensure students are getting the best education possible to inspire a bright future. Making breakfast a standard part of the day in elementary school helps establish a habit that is more likely to be sustained into adolescence.

Women's History Month – Famous Women in Food

In recognition of Women's History Month, we're highlighting a few females who have changed the way we look at food.

Edna Lewis was a chef and author, most known for her contributions to traditional Southern Cuisine. Edna Lewis became the cook at Café Nicholson and served William Faulkner, Marlon Brando, Eleanor Roosevelt, and more!

Julia Child was a famous chef, author and television icon, Julia studied most of her cooking in France right after World War II, when the French chef population was mostly men. With her drive and cheerfulness, Julia was quickly able to outshine her classmates and expand her cooking empire. Today, she continues to be a cooking icon for both women and men all over the world.

Buwei Yang Chao was notable in quite a few different areas for what she brought to the American culture. In the food industry, she brought the American concept of Chinese food. She not only shared how to cook Chinese food but also how to eat it.

Alice Waters is mostly known for her support in the organic movement. She has always had a passion for locally grown, healthy and free-from pesticides and herbicides foods. She has also always had a passion for promoting healthy living with children.

Want to keep up with us and receive more nutrition tips?

Follow us on Instagram [@sodexomagic.dcps](https://www.instagram.com/sodexomagic.dcps)

For an interactive menu and nutrient information visit us at dcps.sodexomyway.com