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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN
NUTRITIOUS AND INNOVATIVE MENUS
 EARLY CHILDHOOD EDUCATION



MONDAY | FEB 27

TUESDAY | 28

WEDNESDAY | MAR 1

THURSDAY | 2

FRIDAY | 3

BREAKFAST

Whole Grain French Toast Sticks with Syrup VE	Hearty Oatmeal With Warm Berries VE	Blueberry Muffin w/String Cheese V	Cinnamon Mini Bagels V	Apple Frudel
Pineapple Tidbits	Warm Berries	Orange Smiles	Fresh Banana	Fresh Apple Slices

Daily offerings include, assorted cereal bowls with graham crackers or assorted muffins with cheese stick. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. **V** denotes vegetarian choices (including milk and eggs) and **VE** denotes vegan choices. Locally Sourced items noted in **green**. This menu is subject to change and based upon product availability.

LUNCH

Jamaican Jerk Chicken with Brown rice	Grecian Chicken & Citrus Brown Rice Bowl w/ Roasted Chickpeas	Bean & Cheese Nachos V	Chicken & Waffles w/Syrup	Baja Fish Tacos
Classic Hummus Box VE	Mediterranean Flatbread V	Sunbutter & Jelly Sandwich VE	Vegan Rainbow Chili VE w/Tortilla Chips	Chana Masala VE with Oven Fired Flatbread V
Seasoned Black Beans	Citrus Glazed Carrots	Roasted Mexican Corn	Roasted Cauliflower	Sauteed Spinach
Orange Wedges	Fresh Apple Slices	Fresh Banana	Baked Cinnamon Apples	Fresh Banana

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MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
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BREAKFAST

Strawberry Banana Bash Yogurt w/Graham Crackers V	Mini Blueberry Waffles V	Apple Frudel V	NO	NO
Fresh Pears	Fresh Tangerine	Diced Pears	SCHOOL	SCHOOL

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National Breakfast Week 

LUNCH

French Toast Sticks VE and Turkey Sausage w/Syrup	Egg, Cheese & Potato Breakfast Bowl w/Salsa V	Cheeseburger on Whole Grain Bun	PARENT-TEACHER CONFERENCES	PROFESSIONAL DEVELOPMENT DAY
Veggie Burger V on Whole Grain Bun	Sunbutter & Jelly Sandwich VE on Locally Sourced Bread	Asian Noodle Bowl w/Broccoli V	NO	NO
Seasoned Potato Wedges	Parmesan Green Beans	Roasted Broccoli & Carrots	SCHOOL	SCHOOL
Fresh Apple Slices	Fresh Pear	Orange Wedges		

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MONDAY | 13 TUESDAY | 14 WEDNESDAY | 15 THURSDAY | 16 FRIDAY | 17

BREAKFAST

Oatmeal Raisin Breakfast Round V	Maple Madness Mini Waffles V	Cinnamon French Toast Bites V	Whole Grain Bagel w/Cream Cheese V	Mini Blueberry Waffles V
Fresh Apple Slices	Mixed Fruit Salad	Orange Slices	Fresh Banana	Diced Peaches

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LUNCH

Mo' Burger	Pi Day 🥧 Chicken Pot Pie w/ Whole Grain Biscuit	Veggie Pizza V	French Toast Sicks w/Turkey Sausage Patty and Syrup	St. Patrick's Day Beef Shepherd's Pie and Dinner Roll
Black Bean & Sweet Potato Quesadilla w/Salsa V	Veggie Lo Mein VE	Veggie Burger V on Whole Grain Bun	Veggie Tortellini w/Cheesy Breadstick V	Mediterranean Flatbread V
Seasoned Black Beans	Citrus Glazed Carrots	Parmesan Green Beans	Seasoned Potato Wedges	Glazed Carrots
Orange Wedges	Baked Cinnamon Apples	Diced Pears	Fresh Apple Slices	Fresh Banana

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MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
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BREAKFAST

Whole Grain Bagel w/Cream Cheese V	Maple Madness Mini Waffles V	Apple Frudel V	Tropical Mango Breakfast Round V	Strawberry Banana Bash Yogurt w/Graham Crackers V
Diced Pears	Orange Wedges	Mixed Fruit Salad	Applesauce	Fresh Banana

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LUNCH

Lasagna Roll Up w/Twisted Breadstick V	Chicken Tinga Tacos	World Of Flavors Chicken Tikka Masala w/Brown Rice	Grilled Chicken Sandwich	Fajita Vegetable Quesadilla V
Lentil Dal w/Oven Fired Flatbread V	Veggie Burger V on Whole Grain Bun	Cheese Pizza V	Veggie Pizza V	Bean & Cheese Nachos V
Stewed Chickpeas and Zucchini	Seasoned Black Beans	Roasted Broccoli & Carrots	Sweet Yellow Corn	Mexican Roasted Sweet Potatoes
Diced Peaches	Fresh Banana	Orange Wedges	Fresh Blueberries	Fresh Apple Slices

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MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
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BREAKFAST

Strawberry Guava Danish V	Hearty Oatmeal w/Warm Berries VE	Maple Madness Min Waffles V	Cinnamon Mini Bagels V	Just Peachy Parfait w/Graham Crackers V
Orange Wedges	Fresh Pear	Baked Cinnamon Apples	Fresh Banana	Diced Peaches

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LUNCH

Glorious Mac & Cheese w/Garlic Knot V	Grecian Chicken & Citrus Brown Rice Bowl	Chicken Cordon Blue Burger on Whole Grain Bun	Butter Chicken w/Brown Rice	Veggie Pizza V
Veggie Pizza V	Rainbow Chili VE w/Dinner Roll V	Veggie Tortellini w/Cheesy Breadstick V	Asian Noodle Bowl w/Broccoli V	Garden Veggie Wrap VE
Roasted Tuscan Vegetables	Sweet Peas	Basil Corn Salad	Roasted Broccoli & Carrots	Collard Greens
Fresh Tangerine	Fresh Blueberries	Fresh Nectarine	Fresh Apple Slices	Applesauce

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