



PreK Breakfast March 2023

		1-Mar Pop-Tarts Orange Juice Skim or 1% Fat Milk	2-Mar Sausage Breakfast Sandwich Mango Cup Skim or 1% Fat Milk	3-Mar Apple Cinnamon Muffin Fruit Cup Skim or 1% Fat Milk
6-Mar Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	7-Mar Sausage Pancake Stick Banana Skim or 1% Fat Milk	8-Mar Pop-Tarts Orange Juice Skim or 1% Fat Milk	9-Mar Mini Waffles Mango Cup Skim or 1% Fat Milk	10-Mar Assorted Breakfast Breads Fruit Cup Skim or 1% Fat Milk
13-Mar Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	14-Mar Breakfast Pizza Banana Skim or 1% Fat Milk	15-Mar Pop-Tarts Orange Juice Skim or 1% Fat Milk	16-Mar Sausage Breakfast Sandwich Mango Cup Skim or 1% Fat Milk	17-Mar Apple Cinnamon Muffin Pineapple Cup Skim or 1% Fat Milk
20-Mar Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	21-Mar Sausage Pancake Stick Banana Skim or 1% Fat Milk	22-Mar Pop-Tarts Orange Juice Skim or 1% Fat Milk	23-Mar Mini Waffles Mango Cup Skim or 1% Fat Milk	24-Mar Assorted Breakfast Breads Fruit Cup Skim or 1% Fat Milk
27-Mar Cereal Bar & Yogurt Apple Sauce Skim or 1% Fat Milk	28-Mar Breakfast Pizza Banana Skim or 1% Fat Milk	29-Mar Pop-Tarts Orange Juice Skim or 1% Fat Milk	30-Mar Sausage Breakfast Sandwich Mango Cup Skim or 1% Fat Milk	31-Mar Apple Cinnamon Muffin Pineapple Cup Skim or 1% Fat Milk

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K-8 Breakfast March 2023

		1-Mar Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	2-Mar Sausage Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	3-Mar Blueberry Muffin Fruit Cup Fresh Pear Skim or 1% Fat Milk
6-Mar Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	7-Mar Sausage Pancake Stick Banana Grape Juice Skim or 1% Fat Milk	8-Mar Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	9-Mar Mini Waffles Mango Cup Fresh Orange Skim or 1% Fat Milk	10-Mar Assorted Breakfast Breads Fruit Cup Fresh Pear Skim or 1% Fat Milk
13-Mar Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	14-Mar Breakfast Pizza Banana Grape Juice Skim or 1% Fat Milk	15-Mar Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	16-Mar Sausage Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	17-Mar Blueberry Muffin Fruit Cup Fresh Pear Skim or 1% Fat Milk
20-Mar Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	21-Mar Sausage Pancake Stick Banana Grape Juice Skim or 1% Fat Milk	22-Mar Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	23-Mar Mini Waffles Mango Cup Fresh Orange Skim or 1% Fat Milk	24-Mar Assorted Breakfast Breads Fruit Cup Fresh Pear Skim or 1% Fat Milk
27-Mar Cereal Bar & Yogurt Apple Sauce Craisins Skim or 1% Fat Milk	28-Mar Breakfast Pizza Banana Grape Juice Skim or 1% Fat Milk	29-Mar Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	30-Mar Sausage Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	31-Mar Blueberry Muffin Fruit Cup Fresh Pear Skim or 1% Fat Milk

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HS Breakfast March 2023

		1-Mar Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	2-Mar Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	3-Mar Assorted Cereals, Cereal Bars & Yogurt Blueberry Muffin Pineapple Cup Fresh Pear Skim or 1% Fat Milk
6-Mar Assorted Cereals, Cereal Bars & Yogurt WG Bagel & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	7-Mar Assorted Cereals, Cereal Bars & Yogurt Sausage Pancake Stick Banana Pear Cup Skim or 1% Fat Milk	8-Mar Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	9-Mar Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	10-Mar Assorted Cereals, Cereal Bars & Yogurt Assorted Breakfast Breads Pineapple Cup Fresh Pear Skim or 1% Fat Milk
13-Mar Assorted Cereals, Cereal Bars & Yogurt WG Bagel & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	14-Mar Assorted Cereals, Cereal Bars & Yogurt Breakfast Pizza Banana Grape Juice Skim or 1% Fat Milk	15-Mar Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	16-Mar Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	17-Mar Assorted Cereals, Cereal Bars & Yogurt Blueberry Muffin Pineapple Cup Fresh Pear Skim or 1% Fat Milk
20-Mar Assorted Cereals, Cereal Bars & Yogurt WG Bagel & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	21-Mar Assorted Cereals, Cereal Bars & Yogurt Sausage Pancake Stick Banana Pear Cup Skim or 1% Fat Milk	22-Mar Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	23-Mar Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	24-Mar Assorted Cereals, Cereal Bars & Yogurt Assorted Breakfast Breads Pineapple Cup Fresh Pear Skim or 1% Fat Milk
27-Mar Assorted Cereals, Cereal Bars & Yogurt WG Bagel & Cream Cheese Apple Sauce Craisins Skim or 1% Fat Milk	28-Mar Assorted Cereals, Cereal Bars & Yogurt Breakfast Pizza Banana Pear Cup Skim or 1% Fat Milk	29-Mar Assorted Cereals, Cereal Bars & Yogurt Pop-Tarts Orange Juice Fresh Apple Skim or 1% Fat Milk	30-Mar Assorted Cereals, Cereal Bars & Yogurt Sausage or Bacon Breakfast Sandwich Mango Cup Fresh Orange Skim or 1% Fat Milk	31-Mar Assorted Cereals, Cereal Bars & Yogurt Blueberry Muffin Pineapple Cup Fresh Pear Skim or 1% Fat Milk

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PreK Lunch March 2023

		1-Mar Chicken & Waffles Mashed Potatoes Diced Pears Skim or 1% Fat Milk	2-Mar Meatball Sub w/ Marinara Vegetarian Baked Beans Banana Skim or 1% Fat Milk	3-Mar Deep Dish Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk
6-Mar Chicken, Mashed Potato Bowl WG Dinner Roll Fruit Punch Skim or 1% Fat Milk	7-Mar Pasta w/ Meat Sauce Caesar Salad Fresh Orange Skim or 1% Fat Milk	8-Mar Chicken Drumstick w/ WG Dinner Roll Tater Tots Diced Pears Skim or 1% Fat Milk	9-Mar Chicken Tacos w/ Lettuce & Tomato Black Bean & Corn Salsa Banana Skim or 1% Fat Milk	10-Mar Cheese Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk
13-Mar Chicken Nuggets w/ WG Dinner Roll Emoticon Potatoes Fruit Punch Skim or 1% Fat Milk	14-Mar Hot Dog on WG Bun Vegetarian Baked Beans Fresh Orange Skim or 1% Fat Milk	15-Mar Chicken & Waffles Tater Tots Diced Pears Skim or 1% Fat Milk	16-Mar Meatball Sub w/ BBQ Sauce Sweet Potato Fries Banana Skim or 1% Fat Milk	17-Mar Deep Dish Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk
20-Mar Chicken, Mashed Potato Bowl WG Dinner Roll Fruit Punch Skim or 1% Fat Milk	21-Mar Pasta w/ Meat Sauce Caesar Salad Fresh Orange Skim or 1% Fat Milk	22-Mar Chicken Drumstick w/ WG Dinner Roll Tater Tots Diced Pears Skim or 1% Fat Milk	23-Mar Chicken Tacos w/ Lettuce & Tomato Black Bean & Corn Salsa Banana Skim or 1% Fat Milk	24-Mar Cheese Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk
27-Mar Chicken Nuggets w/ WG Dinner Roll Emoticon Potatoes Fruit Punch Skim or 1% Fat Milk	28-Mar Hot Dog on WG Bun Vegetarian Baked Beans Fresh Orange Skim or 1% Fat Milk	29-Mar Chicken & Waffles Mashed Potatoes Diced Pears Skim or 1% Fat Milk	30-Mar Meatball Sub w/ BBQ Sauce Vegetarian Baked Beans Banana Skim or 1% Fat Milk	31-Mar Deep Dish Pizza Baby Carrots w/ Dressing Apple Sauce Skim or 1% Fat Milk

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K-8 Lunch March 2023

		1-Mar Chicken & Waffles Tater Tots Seasoned Corn Diced Pears Skim or 1% Fat Milk	2-Mar Meatball Sub w/ Marinara Cole Slaw Banana Skim or 1% Fat Milk	3-Mar Deep Dish Pizza Baby Carrots w/ Dressing Spinach Salad Apple Sauce Skim or 1% Fat Milk
6-Mar Chicken, Mashed Potato Bowl WG Dinner Roll Fruit Punch Skim or 1% Fat Milk	7-Mar Pasta w/ Meat Sauce Caesar Salad Fresh Orange Skim or 1% Fat Milk	8-Mar Chicken Drumstick w/ WG Biscuit Tater Tots Cole Slaw Diced Pears Skim or 1% Fat Milk	9-Mar Chicken Tacos w/ Lettuce & Tomato Black Bean & Corn Salsa Banana Skim or 1% Fat Milk	10-Mar Cheese Pizza Baby Carrots w/ Dressing Baked Fries Apple Sauce Skim or 1% Fat Milk
13-Mar Chicken Nuggets w/ WG Dinner Roll Emoticon Potatoes Caesar Salad Fruit Punch Skim or 1% Fat Milk	14-Mar Hot Dog on WG Bun Vegetarian Baked Beans WG Breaded Onion Rings Fresh Orange Skim or 1% Fat Milk	15-Mar Chicken & Waffles Tater Tots Seasoned Corn Diced Pears Skim or 1% Fat Milk	16-Mar Meatball Sub w/ BBQ Sauce Sweet Potato Fries Cole Slaw Banana Skim or 1% Fat Milk	17-Mar Deep Dish Pizza Baby Carrots w/ Dressing Celery Sticks Apple Sauce Skim or 1% Fat Milk
20-Mar Chicken, Mashed Potato Bowl WG Dinner Roll Fruit Punch Skim or 1% Fat Milk	21-Mar Pasta w/ Meat Sauce Caesar Salad Fresh Orange Skim or 1% Fat Milk	22-Mar Chicken Drumstick w/ WG Biscuit Tater Tots Cole Slaw Diced Pears Skim or 1% Fat Milk	23-Mar Chicken Tacos w/ Lettuce & Tomato Black Bean & Corn Salsa Banana Skim or 1% Fat Milk	24-Mar Cheese Pizza Baby Carrots w/ Dressing Baked Fries Apple Sauce Skim or 1% Fat Milk
27-Mar Chicken Nuggets w/ WG Dinner Roll Emoticon Potatoes Caesar Salad Fruit Punch Skim or 1% Fat Milk	28-Mar Hot Dog on WG Bun Vegetarian Baked Beans WG Breaded Onion Rings Orange Juice Skim or 1% Fat Milk	29-Mar Chicken & Waffles Tater Tots Seasoned Corn Diced Pears Skim or 1% Fat Milk	30-Mar Meatball Sub w/ BBQ Sauce Sweet Potato Fries Cole Slaw Banana Skim or 1% Fat Milk	31-Mar Deep Dish Pizza Baby Carrots w/ Dressing Celery Sticks Apple Sauce Skim or 1% Fat Milk

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HS Lunch March 2023

		1-Mar Chicken & Waffles Mashed Potatoes Seasoned Collards Diced Pears Fresh Peach Skim or 1% Fat Milk	2-Mar Meatball Sub w/ Marinara Crispy Baked Fries Celery Sticks w/ Dressing Banana Asst. Juice Skim or 1% Fat Milk	3-Mar Deep Dish Pizza Baby Carrots w/ Dressing Caesar Salad Grape Juice Fresh Apple Skim or 1% Fat Milk
6-Mar Chicken, Mashed Potato Bowl WG Dinner Roll Seasoned Carrots Fruit Punch Fresh Pear Skim or 1% Fat Milk	7-Mar Pasta w/ Meat Sauce Seasoned Cauliflower Side Salad Fresh Orange Mango Cup Skim or 1% Fat Milk	8-Mar Chicken Drumstick w/ WG Biscuit Tater Tots Cole Slaw Diced Pears Fresh Peach Skim or 1% Fat Milk	9-Mar Bacon Cheeseburger w/ Lettuce & Tomato Sweet Potato Fries Baked Beans Banana Asst. Juice Skim or 1% Fat Milk	10-Mar Cheese Pizza Celery Sticks w/ Dressing Caesar Salad Fruit Cup Fresh Apple Skim or 1% Fat Milk
13-Mar Chicken Nuggets w/ WG Dinner Roll Seasoned Carrots Spinach Salad Fruit Punch Fresh Pear Skim or 1% Fat Milk	14-Mar Chili Cheese Dog on WG Bun Vegetarian Baked Beans WG Breaded Onion Rings Fresh Orange Mango Cup Skim or 1% Fat Milk	15-Mar Chicken & Waffles Mashed Potatoes Seasoned Collards Diced Pears Fresh Peach Skim or 1% Fat Milk	16-Mar Meatball Sub w/ BBQ Sauce Crispy Baked Fries Celery Sticks w/ Dressing Banana Asst. Juice Skim or 1% Fat Milk	17-Mar Deep Dish Pizza Baby Carrots w/ Dressing Caesar Salad Grape Juice Fresh Apple Skim or 1% Fat Milk
20-Mar Chicken, Mashed Potato Bowl WG Dinner Roll Seasoned Carrots Fruit Punch Fresh Pear Skim or 1% Fat Milk	21-Mar Pasta w/ Meat Sauce Seasoned Cauliflower Side Salad Fresh Orange Mango Cup Skim or 1% Fat Milk	22-Mar Chicken Drumstick w/ WG Biscuit Tater Tots Cole Slaw Diced Pears Fresh Peach Skim or 1% Fat Milk	23-Mar Bacon Cheeseburger w/ Lettuce & Tomato Sweet Potato Fries Baked Beans Banana Asst. Juice Skim or 1% Fat Milk	24-Mar Cheese Pizza Celery Sticks w/ Dressing Caesar Salad Fruit Cup Fresh Apple Skim or 1% Fat Milk
27-Mar Chicken Nuggets w/ WG Dinner Roll Seasoned Carrots Spinach Salad Fruit Punch Fresh Pear Skim or 1% Fat Milk	28-Mar Chili Cheese Dog on WG Bun Vegetarian Baked Beans WG Breaded Onion Rings Fresh Orange Mango Cup Skim or 1% Fat Milk	29-Mar Chicken & Waffles Mashed Potatoes Seasoned Collards Diced Pears Fresh Peach Skim or 1% Fat Milk	30-Mar Meatball Sub w/ Marinara Crispy Baked Fries Celery Sticks w/ Dressing Banana Asst. Juice Skim or 1% Fat Milk	31-Mar Deep Dish Pizza Baby Carrots w/ Dressing Caesar Salad Grape Juice Fresh Apple Skim or 1% Fat Milk

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Supper March 2023

		<p>1-Mar</p> <p>Cheeseburger w/ Lettuce & Tomato</p> <p>Baked Beans</p> <p>Banana</p> <p>Skim or 1% Fat Milk</p>	<p>2-Mar</p> <p>WG Waffle & Cheese Sandwich</p> <p>Tomato Soup</p> <p>Orange Juice</p> <p>Skim or 1% Fat Milk</p>	<p>3-Mar</p> <p>Chicken Bowl w/ Corn, Mashed Potatoes & Gravy</p> <p>WG Dinner Roll</p> <p>Apple Sauce</p> <p>Skim or 1% Fat Milk</p>
<p>6-Mar</p> <p>Cheese Pizza</p> <p>Caesar Salad</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>7-Mar</p> <p>Crispy Chicken Sandwich</p> <p>Crispy Fries</p> <p>Fruit Cup</p> <p>Skim or 1% Fat Milk</p>	<p>8-Mar</p> <p>Salisbury Steak or Turkey & Gravy w/ Dinner Roll</p> <p>Collard Greens</p> <p>Banana</p> <p>Skim or 1% Fat Milk</p>	<p>9-Mar</p> <p>Chicken Teriyaki w/ Fried Rice</p> <p>Stir Fry Vegetables</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>10-Mar</p> <p>Beef Tacos w/ Salsa, Lettuce & Tomato</p> <p>Seasoned Corn</p> <p>Apple Sauce</p> <p>Skim or 1% Fat Milk</p>
<p>13-Mar</p> <p>Pasta w/ Meatsauce</p> <p>Seasoned Broccoli</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>14-Mar</p> <p>Chicken Drumstick w/ WG Biscuit</p> <p>Oven Baked Fries</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>15-Mar</p> <p>Cheeseburger w/ Lettuce & Tomato</p> <p>Baked Beans</p> <p>Banana</p> <p>Skim or 1% Fat Milk</p>	<p>16-Mar</p> <p>WG Waffle & Cheese Sandwich</p> <p>Tomato Soup</p> <p>Orange Juice</p> <p>Skim or 1% Fat Milk</p>	<p>17-Mar</p> <p>Chicken Bowl w/ Corn, Mashed Potatoes & Gravy</p> <p>WG Dinner Roll</p> <p>Apple Sauce</p> <p>Skim or 1% Fat Milk</p>
<p>20-Mar</p> <p>Cheese Pizza</p> <p>Caesar Salad</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>21-Mar</p> <p>Crispy Chicken Sandwich</p> <p>Crispy Fries</p> <p>Fruit Cup</p> <p>Skim or 1% Fat Milk</p>	<p>22-Mar</p> <p>Salisbury Steak or Turkey & Gravy w/ Dinner Roll</p> <p>Collard Greens</p> <p>Banana</p> <p>Skim or 1% Fat Milk</p>	<p>23-Mar</p> <p>Chicken Teriyaki w/ Fried Rice</p> <p>Stir Fry Vegetables</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>24-Mar</p> <p>Beef Tacos w/ Salsa, Lettuce & Tomato</p> <p>Seasoned Corn</p> <p>Apple Sauce</p> <p>Skim or 1% Fat Milk</p>
<p>27-Mar</p> <p>Pasta w/ Meatsauce</p> <p>Seasoned Broccoli</p> <p>Fresh Apple</p> <p>Skim or 1% Fat Milk</p>	<p>28-Mar</p> <p>Chicken Drumstick w/ WG Biscuit</p> <p>Oven Baked Fries</p> <p>Pineapple Cup</p> <p>Skim or 1% Fat Milk</p>	<p>29-Mar</p> <p>Cheeseburger w/ Lettuce & Tomato</p> <p>Baked Beans</p> <p>Banana</p> <p>Skim or 1% Fat Milk</p>	<p>30-Mar</p> <p>WG Waffle & Cheese Sandwich</p> <p>Tomato Soup</p> <p>Orange Juice</p> <p>Skim or 1% Fat Milk</p>	<p>31-Mar</p> <p>Chicken Bowl w/ Corn, Mashed Potatoes & Gravy</p> <p>WG Dinner Roll</p> <p>Apple Sauce</p> <p>Skim or 1% Fat Milk</p>

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