

Ready-To-Serve – March Menu 2023

27	28	1	2	3
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)	Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)	Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)	Maple Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)	Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Lentil Pasta w/ Meat Sauce* Breadsticks (2)* Baby Carrots w/ Ranch Fresh Apple Slices Dried Cranberries-Secondary only Assorted Low Fat Milk	Southern Style Chicken Bites* Cheez its® Crackers* Sweet Kernel Corn Zucchini Dipper w/Ranch Strawberry Cup Peach Cup-Secondary only Assorted Low Fat Milk	Macaroni and Cheese Breadstick (1) Peas and Carrots Baby Carrots w/ Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk	Cuban Sandwich Seasoned Black Beans Vegetable Juice Box Fresh Orange Strawberry Apple Crisps- Secondary only Assorted Low Fat Milk	Teriyaki Turkey Meatballs w/ Fried Rice and Fortune Cookie Cheesy Garlic & Herb Broccoli Zucchini Dippers w/ Ranch Dried Cranberries Strawberry Cup-Secondary only Assorted Low Fat Milk
6	7	8	9	10
NON STUDENT DAY	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)	Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)	Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)	Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)
	LUNCH	LUNCH	LUNCH	LUNCH
	Popcorn Chicken * Cheez Its® Crackers* Sweet Kernel Corn Cool Tropics Berry Blue Slushie Peach Cup Strawberry Cup-Secondary only Assorted Low Fat Milk	Sloppy Joe Sandwich Mashed Potatoes Zucchini Dippers w/Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk	Dry Rub Roasted Chicken* Cornbread Muffin* Garlic and Herb Broccoli Baby Carrots w/ Ranch Fresh Orange Peach Cup-Secondary only Assorted Low Fat Milk	Sweet & Sour Chicken w/ Yellow Rice and Fortune Cookie BBQ Baked Beans Zucchini Dippers w/ Ranch Dried Cranberries Strawberry Apple Crisps- Secondary only Assorted Low Fat Milk
13	14	15	16	17
SPRING BREAK				
20	21	22	23	24
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)	Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)	Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)	Maple Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)	Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Meatball & Marinara Sub Cool Tropics® Tropical Slushie Vegetable Juice Box Fresh Apple Slices Dried Cranberries-Secondary only Assorted Low Fat Milk	Dry Rub Roasted Chicken Baked Tostitos Scoops* Seasoned Black Beans RedGold Salsa Cup Strawberry Cup Peach Cup-Secondary Only Assorted Low Fat Milk	3 Bean Chili * Cornbread Muffin Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk	Cold Italian Sub Cheesy Garlic and Herb Broccoli Baby Carrots w/ Ranch Fresh Orange Peach Cup-Secondary only Assorted Low Fat Milk	Teriyaki Chicken Potstickers w/ Fried Rice and Fortune Cookie Peas & Carrots Zucchini Dippers w/ Ranch Dried Cranberries Strawberry Apple Crisps- Secondary only Assorted Low Fat Milk

<p>27</p> <p>BREAKFAST</p> <p>Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>BBQ Pulled Chicken Sandwich Steamed Broccoli Baby Carrots w/ Ranch Fresh Apple Slices Dried Cranberries-Secondary only Assorted Low Fat Milk</p>	<p>28</p> <p>BREAKFAST</p> <p>Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Southern Style Chicken Bites* Cheez-It Crackers* Seasoned Black Beans Southwestern Corn Strawberry Cup Peach Cup-Secondary Only Assorted Low Fat Milk</p>	<p>29</p> <p>BREAKFAST</p> <p>Yogurt w/Graham Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Chicken & Rotini Alfredo Zucchini Dippers w/Ranch Seasoned Green Beans Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk</p>	<p>30</p> <p>BREAKFAST</p> <p>Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>Baked Fried Chicken Drumstick* Cornbread Muffin* Cheesy Spinach Bake Baby Carrots w/ Ranch Fresh Orange Peach Cup-Secondary only Assorted Low Fat Milk</p>	<p>31</p> <p>BREAKFAST</p> <p>Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH</p> <p>General Tso Chicken w/ Fried Rice and Fortune Cookie Veggie Juice Box Fresh Corn on the Cob Dried Cranberries Strawberry Apple Crisps-Secondary only Assorted Low Fat Milk</p>
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SECONDARY SITES MUST SERVE A SECOND FRUIT AT LUNCH

Updated 2/15/23