



MARCH DYSPHAGIA MENU

2019-2020 Meal Prices:

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25

Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50

Reduced Student Breakfast: \$0.20 // Reduced Student Lunch: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Oatmeal w/ Fruit Compote Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler #16	3 Chicken & Waffles Applesauce Juice Milk Pulled Pork BBQ Sweet Potatoes Green Beans Canned Peaches #17	4 Cinnamon Roll w/ Sausage Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Squash/Zucchini Spiced Applesauce #18	5 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #19	6 Pancakes & Sausage Applesauce Juice Milk Fish Filet w/ Tartar Sauce Tomato Soup Glazed Carrots Fruit Cobbler #20
9 NO SCHOOL – SPRING BREAK #1	10 NO SCHOOL – SPRING BREAK #2	11 NO SCHOOL – SPRING BREAK #3	12 NO SCHOOL – SPRING BREAK #4	13 NO SCHOOL – SPRING BREAK #5
16 2 Yogurts Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler #6	17 Chicken & Waffles Applesauce Juice Milk Turkey Alfredo Green Beans Glazed Carrots Pineapple Tidbits #7	18 Cinnamon Roll w/ Sausage Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler #8	19 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #9	20 Pancakes & Sausage Applesauce Juice Milk Green Chili Cheese Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges #10

<p>23 Fruit & Yogurt Parfait Applesauce Juice Milk</p> <p>Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches</p> <p>#11</p>	<p>24 Sausage Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice</p> <p>#12</p>	<p>25 French Toast w/ Fruit Compote Applesauce Juice Milk</p> <p>Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce</p> <p>#13</p>	<p>26 Chicken Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears</p> <p>#14</p>	<p>27 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk</p> <p>Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler</p> <p>#15</p>
<p>30 Oatmeal w/ Fruit Compote Applesauce Juice Milk</p> <p>Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler</p> <p>#16</p>	<p>31 Chicken & Waffles Applesauce Juice Milk</p> <p>Pulled Pork BBQ Sweet Potatoes Green Beans Canned Peaches</p> <p>#17</p>			

All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.

****All meals come with a choice of 1% white milk or fat free chocolate milk****

*****Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk*****

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food