



MARCH MIDDLE SCHOOL 2020 BREAKFAST AND LUNCH MENU

MIDDLE SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

MIDDLE SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NATIONAL SCHOOL BREAKFAST WEEK – MARCH 2-6				
2 Whole Wheat Cinnamon Roll French Toast Fruit & Yogurt Parfait Build-Your-Own Baked Potato Broccoli Salad Tossed Salad Mixed Fruit Garlic Breadsticks	3 Mini Pancakes Sausage & Cheese Croissant Fruit & Yogurt Parfait Egg & Bacon Breakfast Tacos – Breakfast for Lunch Roasted Corn Salad Bar Mandarin Oranges	4 Chicken Biscuit Sausage & Cheese English Muffin Fruit & Yogurt Parfait Lasagna w/ Italian Sausage Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	5 Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	6 Sausage & Cheese Biscuit Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait Nachos Garden Fresh Grapefruit & Orange Wedges Seasoned Black Beans Tossed Salad
9 NO SCHOOL	10 NO SCHOOL	11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL
16 Mini Pancakes Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait Chicken Pot Stickers **NEW** Baby Carrots Steamed Broccoli Mandarin Oranges	17 French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Pork Carnitas Tacos Roasted Corn Salad Bar Sliced Peaches Cornbread	18 Turkey Bacon & Egg Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait Macaroni & Cheese Seasoned Peas Tossed Salad Fresh Mixed Fruit	19 Pancake & Turkey Sausage Minis Spiced Apple Muffin Fruit & Yogurt Parfait Chicken Alfredo Mixed Vegetables Tossed Salad Fresh Pineapple Chunks	20 Chicken Biscuit Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait Pulled Pork BBQ Sandwich Seasoned Pinto Beans Tossed Salad Fresh Cantaloupe Chunks
23 Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Hatch Green Chili Tamales Seasoned Pinto Beans Tossed Salad Mandarin Oranges	24 French Toast Sausage & Cheese Croissant Fruit & Yogurt Parfait Beef Soft Tacos Roasted Corn Salad Bar Mandarin Oranges	25 Turkey Chorizo & Egg Breakfast Taco Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait Spaghetti & Meatballs Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	26 Ham & Cheese Croissant Sausage & Cheese English Muffin Fruit & Yogurt Parfait Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Fresh Diced Apples Vegetable Egg Roll	27 Sausage & Cheese Kolache Egg, Bacon & Cheese English Muffin Fruit & Yogurt Parfait Fish Sticks Lime Cabbage Slaw Potato Wedges Fresh Cantaloupe Chunks Cornbread
30 French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Build-Your-Own Baked Potato Broccoli Salad Tossed Salad Mixed Fruit Garlic Breadsticks	31 Mini Pancakes Sausage & Cheese Croissant Fruit & Yogurt Parfait Pork Carnitas Tacos Roasted Corn Salad Bar Fresh Diced Apples			

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

Complete Breakfast Includes:

Choice of 1 entrée
2 fruits OR 1 fruit & juice
1% white or fat free chocolate milk

Daily Breakfast Features:

Yogurt & Rockin' ola granola
Whole grain cereal (Not available at
some schools)
Assorted fruit bowl
100% fruit juice
1% white or fat free chocolate milk

A Complete Lunch Includes:

Choice of entrée
2 fruits
2 vegetables
1% white or fat free chocolate milk

Daily Lunch Features:

Hummus & pita bread entrée
Yogurt, granola and string cheese
Turkey & cheese or turkey, ham &
cheese on croissant (alternate weekly)
Assorted fruit bowl

Fresh Entrée Salads

Monday- Mandarin Orange Salad
Tuesday- Southwest Chicken Salad
Wednesday- Chef's Salad
Thursday- Cran-apple Salad
Friday- Egg Bacon & Spinach Salad
*Grilled Chicken Caesar Salad served
daily.*