## Breakfast, Lunch and Snack Menu

**March 16-20**

“USDA is an equal opportunity provider and employer.”

<table>
<thead>
<tr>
<th>AM Snack</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Bread</td>
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<td>Cup of Milk</td>
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**Breakfast**

- **Monday**
  - WW Toast
  - Butter
  - Cup of Milk
  - Apple
- **Tuesday**
  - Life Cereal
  - Cup of Milk
  - Peaches
- **Wednesday**
  - Waffles
  - Syrup/Whipped Cream
  - Cup of Milk
  - Bananas
- **Thursday**
  - Rice Krispies
  - Cup of Milk
  - Handfruit
- **Friday**
  - Teacher’s Choice Grain
  - Cup of Milk
  - Teacher’s Choice Fruit

**Lunch**

- **Monday**
  - Grilled Cheese Sandwich
  - Soy Chix Noodle Soup (VG)
  - Raw Vegetables (VG)
  - Ranch Dressing (G)
  - Hand Fruit (VG)
- **Tuesday**
  - Bean Burrito (VG)
  - Refried Black Beans (VG)
  - Brown Rice (VG)
  - Lettuce/tomato/Onion (G)
  - Cheddar Cheese (VG)
  - Corn Tortilla Chips (VG)
  - House Made Salsa (VG)
  - Hand Fruit (VG)
- **Wednesday**
  - (V) Pasta (VG)
  - Marinara Sauce (VG)
  - Green Beans (VG)
  - Garlic Breadsticks (VG)
  - Hand Fruit (VG)
- **Thursday**
  - Buttermilk Pancake (VG)
  - Pancake Syrup (G)
  - Boiled Egg (V)
  - Little Link (VG)
  - Canned Peaches/Pears (VG)
- **Friday**
  - (V) Crispy Vegetable Spring Roll (VG)
  - Jasmine Rice (VG)
  - Vegetable Stir-fry (VG)
  - Spinach Mandarin Orange Salad (VG)
  - Hand Fruit (VG)

**Alternative Lunch Entrée**

- **Monday**
  - Beans and Rice
- **Tuesday**
  - Beans and Rice
- **Wednesday**
  - Beans and Rice
- **Thursday**
  - Beans and Rice
- **Friday**
  - Beans and Rice

**PM Snack**

- **Monday**
  - Gogurt/Cheese Stick
  - Applesauce
  - Cup of Water
- **Tuesday**
  - Toast with Butter
  - Cup of Milk
- **Wednesday**
  - Goldfish Mandarin Oranges
  - Cup of Water
- **Thursday**
  - Raisin Toast
  - Cup of Milk
- **Friday**
  - Teacher’s Choice Grain
  - Teacher’s Choice Fruit

**Evening Snack**

- **Monday**
  - Bread
  - Cup of Water
  - Fruit
- **Tuesday**
  - Bread
  - Cup of Water
  - Fruit
- **Wednesday**
  - Bread
  - Cup of Water
  - Fruit
- **Thursday**
  - Bread
  - Cup of Water
  - Fruit
- **Friday**
  - Bread
  - Cup of Water
  - Fruit

(V) - Vegan
(G) - Made without gluten containing ingredients
(E) - Contains egg