

FOOD SERVICE NEWS



Did you know? Your child can **DIG IN** to healthy breakfast options at school. Help celebrate **National School Breakfast Week March 6-10, 2023.**

Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading & math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>MILK served with all meals.</i>		1 Ultimate breakfast round or cereal Fruit Fruit juice	2 Blueberry muffin or cereal Fruit Fruit juice	3 Pop tart or cereal Fruit Fruit juice
6 Breakfast pizza or cereal Fruit Fruit juice	7 Mini donuts or cereal Fruit Fruit juice	8 Mini waffles or cereal Fruit Fruit juice	9 Cereal bar or cereal Fruit Fruit juice	10 Pop tart or cereal Fruit Fruit juice
13 NO SCHOOL— Spring Break	14 NO SCHOOL— Spring Break	15 NO SCHOOL— Spring Break	16 NO SCHOOL— Spring Break	17 NO SCHOOL— Spring Break
20 Breakfast bar or cereal Fruit Fruit juice	21 Mini donuts or cereal Fruit Fruit juice	22 Pancake sausage bites or cereal Fruit Fruit juice	23 Cereal bar or cereal Fruit Fruit juice	24 Pop tart or cereal Fruit Fruit juice
27 Breakfast pizza or cereal Fruit Fruit juice	28 Long john or cereal Fruit Fruit juice	29 Cheese omelet or cereal Fruit Fruit juice	30 Mini breakfast bagel or cereal Fruit Fruit juice	31 NO SCHOOL

LUNCH MENU



USDA is an equal opportunity provider and employer
Menus are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>MILK served with all meals.</i>	<i>Choose a salad as an alternate lunch daily (HS & MS only)</i>	1 Deli/bun Sun chips Orange wedges Fresh veggies	2 Popcorn chicken Seasoned rice Fruit cocktail Roll & butter	3 Cheese pizza Lettuce salad w/ dressing Mixed vegetables Pears
6 Salisbury steak Mashed potatoes & gravy Peaches Roll & butter	7 BBQ rib/bun French fries Baked beans Pineapple/mandarin oranges	8 Mini corn dogs Green beans Apple wedges Chocolate chip cookie	9 Cheeseburger/bun Onion rings Mixed vegetables Pears	10 Breaded cheese sticks Lettuce salad w/ dressing Steamed broccoli Watermelon
13 NO SCHOOL— Spring Break	14 NO SCHOOL— Spring Break	15 NO SCHOOL— Spring Break	16 NO SCHOOL— Spring Break	17 NO SCHOOL— Spring Break
20 Chicken strips Mashed potatoes & gravy Mixed fruit Roll & butter	21 Breaded pork/bun French fries Baked beans Pears	22 Mandarin orange chicken Seasoned rice Steamed broccoli Applesauce	23 Walking taco Refried beans Tater tots Peaches	24 Cheese quesadilla Lettuce salad w/ dressing Fresh veggies Pineapple
27 French toast sticks Sausage links Hash brown patty Strawberries & bananas	28 Breaded chicken/bun French fries Glazed carrots Tropical fruit	29 Hot dog/bun Cheesy potatoes Corn Mandarin oranges	30 Popcorn chicken Seasoned rice Broccoli w/ cheese sauce Pears	31 NO SCHOOL

M
A
R
C
H