Breakfast K-12

MARCH 2024

MON	TUE	WED	THU	FRI
				1 Blueberry Muffin Fresh Orange & 100% Very Berry Juice
4 Banana Muffin Raisins & Applesauce	5 Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	6 Multi-Grain Frosted Flakes Graham Crackers 100% Grape Juice	7 RS Cinnamon Toast Crunch Graham Crackers Applesauce & 100% Orange Juice	8 Cinnamon Crisp Bar Raisins & 100% Grape Juice
11 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice	12 Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	13 Honey Cheerios Graham Crackers Diced Peaches & 100% Grape Juice	14 Plain Bagel w/ Cream Cheese Applesauce & 100% Orange Juice	15 Apple Jacks Graham Crackers Raisins & 100% Grape Juice
18 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	19 Strawberry Yogurt Graham Crackers 100% Apple juice & Diced Pineapple	20 Cinnamon Raisin Bagel w/ Butter Diced Peaches & 100% Grape Juice	21 Honey Cheerios Graham Crackers Fresh Apple & 100% Orange Juice	22 Cherry Cocoa Bar Fresh Pear & 100% Very Berry Juice
CLOSED FOR SPRING BREAK MARCH 25TH THROUGH MARCH 29TH				

Start your day right with a healthy breakfast! Fuel up with nutrient-packed options like whole grain cereal, yogurt with fresh fruit, or eggs and whole wheat toast. Eating breakfast kickstarts your metabolism and sets a positive tone for the day ahead. Make it a habit and feel the difference!

Empieza bien el día con un desayuno saludable. Llénate de energía con opciones repletas de nutrientes, como cereales integrales, yogur con fruta fresca o huevos y tostadas integrales. Desayunar pone en marcha tu metabolismo y establece un tono positivo para el día que tienes por delante. Conviértelo en un hábito y nota la diferencia.

Menu is subject to change
menú sujeto a cambios

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Lunch K-8

MARCH 2024

MON	TUE	WED	THU	FRI
				1 **Cheese Pizza**[v] Baby Carrots w/ Ranch Dressing Raisins
4 **Chicken Nuggets** with Baked Beans Black Beans & Tomato	5 **Homemade Macaroni & Cheese**[v] Broccoli	6 **French Toast Sticks w/ Scrambled Eggs**[v] Roasted Sweet Potatoes **or** **Hot Honey Chicken Ciabatta Sandwich** Roasted Sweet Potatoes	7 **Adobo Chicken** **with Cilantro Brown Rice & Street Corn** **or Veggie Burger**[v] **on WW Bun** Roasted Potatoes	8 **French Bread Cheese Pizza**[v] Celery Sticks w/ Ranch Dressing
11 **Cheese Quesadilla**[v] **w/ Sour Cream on WW Tortilla** with Street Corn **or Beef Meatloaf w/ Gravy** WW Bun & Mashed Potatoes Fresh Orange	12 **BBQ Chicken** with Brown Rice & Baked Beans **or** **Chickpea Marinara Pasta**[v] **w/ Cheese** Fresh Pear	13 **Buffalo Chicken Flatbread Melt** Celery Sticks w/ Ranch Dressing **Or** **Cheese Raviolis**[v] **w/ Tomato Sauce** & Green Beans Fresh Apple	14 **Stuffed Bread Sticks**[v] Marinara Dipping Sauce & 100% Sun Splash Juice Fresh Banana	15 **Cheese Pizza**[v] Garden Side Salad w/ Ranch Raisins
18 **BBQ Beef Meatballs** **WW Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese**[v] Broccoli Fresh Orange	19 **Chicken Tenders with** Roasted Potatoes Peas Fresh Pear	20 **Turkey Hot Dog** **on WW Bun** with Baked Beans **or** **Spanish Rice w/ Cheese & Kidney Beans**[v] Fresh Apple	21 **Cheese Lasagna**[v] **w/ Tomato Sauce** & Green Beans **or** **Chicken Caesar Salad** **with Pita Bread** Fresh Banana	22 **French Bread Cheese Pizza**[v] Baby Carrots w/ Ranch Dressing Raisins

CLOSED FOR SPRING BREAK MARCH 25TH THROUGH MARCH 29TH

Remember, fuel your body with nourishing foods to thrive! Fresh fruits, veggies, lean proteins, and whole grains are your best friends for a healthier you. Small changes today lead to big rewards tomorrow. Eat well, live well!

Recuerda, ¡alimenta tu cuerpo con alimentos nutritivos para prosperar! Las frutas frescas, las verduras, las proteínas magras y los cereales integrales son tus mejores amigos para estar más sano. Los pequeños cambios de hoy se traducen en grandes recompensas mañana. ¡Come bien, vive bien!

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