

Breakfast K-12

March 2023

MON

TUE

WED

THU

FRI

National School
Breakfast Week
March 6-10, 2023

DIG IN
TO SCHOOL
BREAKFAST™

		1 Waffles Diced Peaches & 100% Grape Juice Banana Muffin Raisins & Applesauce	2 Pancakes Cinnamon Toast Crunch w/ Graham Crackers Applesauce & 100% Orange Juice	3 Cinnamon Crips Bar Raisins & 100% Grape Juice
6 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	7 Waffles Diced Pineapple & 100% Apple Juice Strawberry Yogurt w/ Graham Crackers Fresh Apple & Diced pineapple	8 French Toast Honey Bunches of Oats Cereal Graham Crackers Diced Peaches & 100% Grape Juice	9 Cinnamon Bun Plain Bagel Cream Cheese Applesauce & 100% Orange Juice	10 Cinnamon Flakes Cereal Graham Crackers Fresh Banana & 100% Pineapple Juice
13 Cinnamon Crisp Bar Raisins & 100% Grape Juice	14 Pancakes Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	15 Apple Frudel Cinnamon Flakes Cereal Graham Crackers Diced Peaches & 100% Grape Juice	16 Waffles Plain Bagel Cream Cheese Applesauce & 100% Orange Juice	17 Blueberry Muffin Fresh Banana & 100% Pineapple Juice
20 MultiGrain Cheerios Graham Crackers Cranberries & 100% Fruit Juice	21 Pancakes Strawberry Yogurt Graham Crackers Diced Pineapple & 100% Apple Juice	22 French Toast Cinnamon Raisin Bagel Butter Diced Peaches & 100% Grape Juice	23 Cinnamon Bun Honey Bunches of Oats Graham Crackers Applesauce & 100% Orange Juice	24 Cherry Cocoa Bar Fresh Banana & 100% Pineapple Juice
27 Multi-Grain Frosted Flakes Graham Crackers Diced Peaches & 100% Grape Juice	28 Apple Frudel Diced Pineapple & 100% Apple Juice Strawberry Yogurt Graham Crackers Fresh Apple & Diced Pineapple	29 Waffles Diced Peaches & 100% Grape Juice Banana Muffin Raisins & Applesauce	30 Pancakes Applesauce & 100% Orange Juice Cinnamon Toast Crunch Graham Crackers Applesauce & 100% Orange Juice	31 Cinnamon Crisp Bar Raisins & 100% Grape Juice

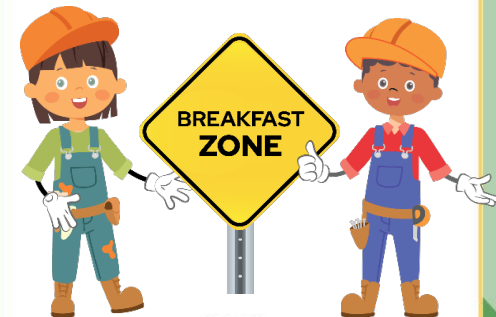
Did You Know?

All grain products are whole grain rich

There are no pork products on this menu

Meats are lean and cheeses are low fat

All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



WHITSONS
Prepared Meals

Lunch K-8

March 2023

MON

TUE

WED

THU

FRI

		<p>1</p> <p>Beef Meatloaf w/ Gravy</p> <p>Veggie Burger w/ Ketchup</p> <p>Mashed Potatoes</p> <p>Fresh Apple</p>	<p>2</p> <p>French Toast Sticks w/ Scrambled Eggs</p> <p>Roasted Sweet Potatoes</p> <p>Chicken Tamale</p> <p>Spanish Brown Rice & Beans</p> <p>Refried Beans</p>	<p>3</p> <p>French Bread</p> <p>Cheese Pizza</p> <p>Turkey & Cheese Sandwich w/ Mayo</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>6</p> <p>Cheese Quesadilla w/ Sour Cream</p> <p>Mexican Corn Salad</p> <p>Beef Salisbury w/ Gravy</p> <p>Roasted Potatoes</p> <p>Fresh Apple</p>	<p>7</p> <p>Chicken & Vegetable Dumplings</p> <p>Oriental Vegetables</p> <p>Cheese Lasagna w/ Tomato Sauce</p> <p>Green Beans</p> <p>Fresh Pear</p>	<p>8</p> <p>BBQ Chicken</p> <p>Brown Rice</p> <p>Baked Beans</p> <p>Chickpea Marinara w/ Cheese</p> <p>Fresh Apple</p>	<p>9</p> <p>Stuffed Bread Sticks</p> <p>Marinara Dipping Sauce</p> <p>100% Sun Splash Juice</p> <p>Turkey Fajita</p> <p>Brown Rice</p> <p>Carrots</p> <p>Banana</p>	<p>10</p> <p>Cheese Pizza</p> <p>Chicken Breast Sandwich w/ Mayo</p> <p>Garden Side Salad w/ Ranch</p> <p>Fresh Apple</p>
<p>13</p> <p>Cheese Beef Burger w/ Ketchup</p> <p>Egg & Cheese Sandwich w/ Ketchup</p> <p>Roasted Potatoes</p> <p>Fresh Apple</p>	<p>14</p> <p>Fajita Chicken</p> <p>Black Beans & Tomatoes</p> <p>Spanish Rice w/ Cheese & Beans</p> <p>Fresh Pear</p>	<p>15</p> <p>Beef Meatballs w/ Tomato Sauce & Parm Cheese</p> <p>Broccoli</p> <p>Veggie Burger w/ Ketchup</p> <p>Garden Side Salad w/ Ranch</p> <p>Fresh Apple</p>	<p>16</p> <p>Cheese Raviolis</p> <p>Green Beans</p> <p>Cobb Salad</p> <p>Pita Bread</p> <p>Fresh Banana</p>	<p>17</p> <p>Turkey & Cheese w/Mayo</p> <p>Baby Carrots w/Ranch Dressing</p> <p>French Bread Cheese Pizza</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>20</p> <p>BBQ Beef Meatballs</p> <p>Broccoli</p> <p>Pasta w/ Tomato Sauce & Mozzarella Cheese</p> <p>Fresh Apple</p>	<p>21</p> <p>Turkey Hot Dog w/ Ketchup</p> <p>Baked Beans</p> <p>Spanish Rice w/ Cheese & Beans</p> <p>Fresh Pear</p>	<p>22</p> <p>Chicken Tenders w/ Ketchup</p> <p>Roasted Potatoes</p> <p>Protein Pasta Alfredo</p> <p>(WGR Breading)</p> <p>Peas</p>	<p>23</p> <p>Cheese Lasagna w/ Tomato Sauce</p> <p>Green Beans</p> <p>Chicken Caesar Salad</p> <p>Romaine Lettuce</p> <p>Fresh Banana</p>	<p>24</p> <p>Cheese Pizza</p> <p>Chicken Breast Sandwich w/ Mayo</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>27</p> <p>Chicken Nuggets w/ Ketchup</p> <p>Falafel Bites</p> <p>Baked Beans</p> <p>Fresh Apple</p>	<p>28</p> <p>Homemade Macaroni & Cheese</p> <p>Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese</p> <p>Broccoli</p> <p>Fresh Pear</p>	<p>Beef Meatloaf w/ Gravy</p> <p>Mashed Potatoes</p> <p>Veggie Burger w/ Ketchup</p> <p>Roasted Potatoes</p> <p>Fresh Apple</p>	<p>French Toast Sticks w/ Scrambled Eggs</p> <p>Roasted Sweet Potatoes</p> <p>Chicken Tamale</p> <p>Spanish Brown Rice & Beans</p> <p>Refried Beans</p> <p>Fresh Banana</p>	<p>French Bread Cheese Pizza</p> <p>Turkey & Cheese Sandwich w/ Mayo</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Fresh Apple</p>

Did You Know?

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



WHITSONS[®]
Prepared Meals

This institution is an equal opportunity provider.

Lunch 9-12

MON

TUE

WED

THU

FRI

1
Beef Meatloaf w/ Gravy
Or
Veggie Burger w/ Ketchup

Mashed Potatoes

Fresh Apple and Banana

2
French Toast Sticks w/ Scrambled
Eggs, Syrup Roasted Sweet
Potatoes Chicken Tamale
Spanish Brown Rice
Refried Beans
Diced Pineapple & Fresh Banana

3
French Bread Cheese Pizza
Or
Turkey & Cheese Sandwich w/
Mayo

Baby Carrots w/ Ranch Dressing
Fresh Apple & Raisins

6
Cheese Quesadilla w/
Mexican Corn Salad
Or
Beef Salisbury w/ Gravy
Mashed Potatoes

Fresh Apple & Fresh Orange

7
Chicken & Vegetable Dumplings
Or
Edamame Noodle Bowl
Blended Vegetables

Diced Peaches & Fresh Pear

8
BBQ Chicken w/
Baked Beans
Or
Chickpea Marinara w/ Cheese

Fresh Banana & Fresh Apple

9
Stuffed Bread Sticks
Marinara Dipping Sauce & 100%
Sun Splash Juice
Or
Turkey Fajita w/ Carrots

Diced Pineapple & Fresh Banana

10
Cheese Pizza

Chicken Breast Sandwich w/
Mayo

Garden Side Salad w/ Ranch

Fresh Apple & Raisins

13
Cheese Beef Burger w/ Ketchup
Or
Egg & Cheese Sandwich w/
Ketchup
Roasted Potatoes

Fresh Apple & Orange

14
Fajita Chicken w/ Baked Beans
Or
Spanish Rice w/ Cheese & Beans

Diced Peaches & Fresh Pear

15
Beef Meatballs w/ Tomato Sauce
& Parmesan Cheese w/
Broccoli
Or
Veggie Burger ,Ketchup w/
Garden Side Salad w/ Ranch

Fresh Banana & Fresh Apple

16 Pasta w/ Tomato Sauce &
Mozzarella Cheese w/ Broccoli

Or
Cobb Salad

Diced Pineapple & Fresh Banana

17
French Bread Cheese Pizza

Turkey & Cheese Sandwich w/
Mayo

Baby Carrots w/ Ranch Dressing
Fresh Apple & Fresh Orange

20
BBQ Beef Meatballs
Or
Pasta w/ Tomato Sauce &
Mozzarella Cheese

Broccoli

Fresh Apple & Fresh Orange

21
Turkey Hot Dog w/ Ketchup and
Baked Beans
Or
Spanish Rice w/ Cheese & Beans

Diced Peaches & Fresh Pear

22
Chicken Tenders w/ Ketchup and
Roasted Potatoes
Or
Protein Pasta Alfredo w/ Peas

Fresh Banana & Fresh Apple

23 Homemade Macaroni & Cheese
w/ Broccoli
Or
Chicken Caesar Salad

Diced Pineapple & Fresh Banana

24 Cheese Pizza

Chicken Breast Sandwich w/
Mayo

Baby Carrots w/ Ranch Dressing
Fresh Apple & Raisins

27
Chicken Nuggets w/ Ketchup
Baked Beans
Or
Falfel Bites w/ Lemon Sauce and
Black Beans & Tomato

Fresh Apple & Fresh Orange

28
Homemade Macaroni & Cheese
Or
Beef Meatballs w/ Tomato Sauce
& Mozzarella Cheese

Broccoli

Diced Peaches & Fresh Pear

29
Beef Meatloaf w/ Gravy and
Mashed Potatoes
Or
Veggie Burger w/ Ketchup and
Roasted Potatoes

Fresh Banana & Fresh Apple

30
French Toast Sticks w/
Scrambled Eggs, Syrup and
Roasted Sweet Potatoes

Chicken Tamale w/
Refried Beans

Diced Pineapple & Fresh Banana

31
French Bread Cheese Pizza
Or
Turkey & Cheese Sandwich w/
Mayo
Baby Carrots w/ Ranch Dressing

Fresh Apple & Raisins

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