|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 2  B: ½ slice ww french toast, ½ c orange slices, ¾ c milk  S. ½ cheese stick, 5 Ritz crackers L: 1 ½ oz oz ground turkey Curry, ¼ c potatoes & carrots, ¼ c brown rice, ¼ c pineapple, ¾ c milk,  S. ½ c milk & ½ c banana | 3  B: ¾ c Greek yogurt with granola, ½ c pineapple, ¾ c milk  S: 5 wheat thins, ½ c orange  L: Chili with 1 ½ oz ground turkey & beans, ¼ c brown rice, ¼ toss salad, ¼ c fruit cocktail, ¾ c milk  S. 1/2 c Cheerios, ½ c milk | 4  B: ww waffles ½ c berries, ¾ c milk  S: ½ c fruit smoothie & 8 mini pretzels  L: ¼ c Macaroni & ½ oz cheese w/ 1 oz ground turkey & ¼ c mixed vegetables, ¼ c peaches, ¾ c milk  S. 5 Triscuits & ½ c milk  Mac & Cheese | 5  B: ½ slice enriched bagel, ½ c pears, ¾ c milk  S: 1 tbsp peanut butter & ½ c apples  L: 1 ½ oz Mexican chicken, ¼ c brown rice, ¼ c green beans, ¼ c tropical fruit, ¾ c milk  S. ½ cheese stick, 6 sm multigrain crackers | 6  B: 1/3 c frosted mini wheats cereal, ½ c bananas, ¾ c milk  S. 1/8 c bean dip & 5 wheat thins  L: ½ ww slice bread, 1 tbsp peanut butter & jelly sandwich, ¼ c carrot sticks, ½ oz cheese stick, ¼ c mandarin oranges, ¾ c milk  S. 4 multi grain cracker ½ c milk |
| 9  B: ½ slice ww toast w scrambled eggs, ½ c tropical fruit mix, ¾ c milk  S: ½ c oranges, 5 Ritz crackers  L: BBQ 1 ½ oz Chicken, ½ c pesto w/ ¼ c enriched pasta, ¼ c green beans, ¼ c fruit cocktail, ¾ c milk  S: 6 sm multigrain crackers, ½ cheese stick | 10  B: ½ slice ww French toast, ½ c banana, ¾ c milk  S: ½ c fruit smoothie & 5 wheat thins  L: ¼ c Enriched spaghetti w/ 1 ½ oz ground turkey, sauce, ¼ c toss salad, ¼ c peaches, ¾ c milk  S: ½ c Kix cereal & ½ c milk: | 11  B: ¾ c Fage Greek yogurt with ¼ c granola, ½ c mandarin oranges, ¾ c milk  S. 8 mini pretzel & ½ c milk  L: 1 ½ oz Teri chicken, ½ c brown rice, ¼ c peas, ¼ c tropical fruitl, ¾ c milk  S: 1/8 c refried beans & 10 tortilla chips | 12  B: ½ slice enriched bagel,  ½ c banana, ¾ c milk  S: ½ c apples, 1 tbsp peanut butter  L: 1 ½ oz Ground Turkey Sloppy Joe on a ww roll ¼ c corn, ¼ c pineapple, ¾ c milk  S. ½ c milk & 5 lg triscuit crackers | 13  B: 1/3 c corn Chex cereal,  ½ c berries, ¾ c ilk  S. 4 square soda cracker & ½ c melon  L: 1 ½ oz Tuna on ww roll w/ ¼ c lettuce & 5 carrot sticks, ¼ c pears,  ¾ c milk  S. ½ c milk & 5 wheat thin crackers |
| NO | SCHOOL | SPRING | BREAK |  |
| 23  B: ½ slice enriched English muffin,  ½ c oranges, ¾ c milk  S: 8 mini pretzels & ½ apple juice  L: 1 ½ oz Chicken, ¼ c pasta pesto, mix veggies, ¼ c fruit cocktail, ¾ c milk  S: ½ cheese stick, 5 Ritz crackers  Chicken Pasta Pesto | 24  B: ¾ c Greek yogurt with granola ½ c mixed berries, ¾ c milk  S: 5 wheat thins, ¼ c hummus  L: 1 ½ oz Teriyaki turkey meatballs, ¼ c peas, ¼ c quinoa, ¼ c pineapple, ¾ c milk  S. ½ c milk & ½ c banana | 25  B: , ½ slice ww toast w/ scrambled eggs, ½ c melon, ¾ c milk  S: ½ c oranges, 2 lg multigrain crackers  L: ¼ c Enriched spaghetti w/ 1 ½ oz ground turkey, sauce, ¼ c toss salad ¼ c pineapple, ¾ c milk  S. ½ c milk, 5 Triscuit crackers | 26  NO SCHOOL  KUHIO DAY | 27  B: 1/3 c rice Chex cereal,  ½ c apples, ¾ c Milk  S.5 wheat thins & ½ c banana  L:1 Egg salad sandwich on ww bread, ¼ c 3 celery & 3 carrot sticks, ¼ c mandarin oranges, ¾ c milk  S. cheese quesadilla on enriched flour tortilla |
| 30  B: ½ slice ww toast with scrambled eggs, ½ c cantaloupe, ¾ c milk  S. ½ c apple juice & 5 Ritz crackers  L. Taco salad with 1 ½ oz ground turkey, cheese, corn tortilla chips, ¼ c lettuce & tomato, ¼ c pineapple, ¾ c milk  S. ½ cheese stick, 5 multigrain crackers | 31  B: ww pancakes, ½ c berries, ¾ c milk  S: ½ c milk & 6 carrot sticks  L: Casserole with 1 ½ oz chicken, ¼ c broccoli, & ¼ c brown rice, ¼ c fruit cocktail, ¾ c milk  S: 1/8 c refried beans & 10 tortilla chips |  | **NOTE\***  MARCH 13TH  PARENT ADVISORY WORKSHOP |  |

**MARCH**

Menu is subject to change due to availability of items and seasonality of items.

“USDA is an equal opportunity employer and provider”

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