



# MONTHLY MOTIVATION

**BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD." – MAHATMA GANDHI**

# March

## Breakfast Menu

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

<b>Breakfast:</b> Assorted Bowl Cereal (2 items) Fresh Fruit <b>4</b>	<b>Breakfast:</b> Blueberry Muffin (2 items) Fresh Fruit <b>5</b>	<b>Breakfast:</b> Frudel Bar (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>6</b>	<b>Breakfast:</b> Waffle (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>7</b>	<b>Breakfast:</b> Cinnamon Crumb Loaf (2 items) Fresh Fruit <b>8</b>
<b>Breakfast:</b> Assorted Bowl Cereal (2 items) Fresh Fruit <b>11</b>	<b>Breakfast:</b> Blueberry Cake Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>12</b>	<b>Breakfast:</b> Chocolate Chip Muffin (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>13</b>	<b>Breakfast:</b> Frudel Bar (2 items) Fresh Fruit <b>14</b>	<b>Breakfast:</b> Mini Breakfast Pancakes (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>15</b>
<b>Breakfast:</b> Assorted Bowl Cereal (2 items) Fresh Fruit <b>18</b>	<b>Breakfast:</b> Sliced Plain Bagel & Cream Cheese (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>19</b>	<b>Breakfast:</b> Mini Cinnamon Rolls (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>20</b>	<b>Breakfast:</b> Cinnamon Crumb Loaf (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>21</b>	<b>Breakfast:</b> Frudel Bar (2 items) Fresh Fruit <b>22</b>
<b>Breakfast:</b> Assorted Bowl Cereal (2 items) Fresh Fruit <b>25</b>	<b>Breakfast:</b> Mini Breakfast Pancakes (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>26</b>	<b>Breakfast:</b> Blueberry Cake Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) <b>27</b>	<b>Breakfast:</b> Frudel Bar (2 items) Fresh Fruit <b>28</b>	<b>Spring Break</b> <b>29</b>



# March

## Lunch Menu

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

<p>Sloppy Joe 4                  WG bun                  Baby carrots                  Whole grain Sun Chips                  Pears                  Milk</p>	<p>French Toast Stick &amp; Chicken 5                  Broccoli w/Ranch                  Fresh Fruit                  Milk</p>	<p>WG Ranch Chicken Wrap 6                  Potato Wedges                  Cucumber w/ ranch                  Pineapple                  Milk</p>	<p>Chicken Salad 7                  WG Bread Stick                  Fresh Fruit                  Milk</p>	<p>Fresh Hot Pizza 8                  Baby Carrot &amp; Dip                  Peaches                  Choice Milk</p>
<p>Popcorn Chicken 11                  Steamed Corn                  WG Roll                  Mandarin Oranges                  Milk</p>	<p>Beef Corn Dog 12                  WG Doritos                  Mixed Green Salad &amp; Ranch                  Fresh Fruit                  Milk</p>	<p>Pull BBQ Chicken Sandwich 13                  WG Bun                  Oven Baked Fries                  Cauliflower w/ranch                  Peaches                  Milk</p>	<p>WG Meatball sub 14                  Cucumber w/ranch                  Potato tots                  Pineapple                  Milk</p>	<p>Fresh Hot Pizza 15                  Baby Carrot &amp; Dip                  Fruit cocktail                  Choice Milk</p>
<p>Cheese Burger 18                  WG Bakery Bun &amp; Ketchup                  Cool Ranch Doritos                  Steamed Seasoned Corn                  Fresh Fruit                  Milk</p>	<p>Chessy chicken quesadilla 19                  WG Tortilla                  Carrots                  Fruit Cocktail                  Milk</p>	<p>Smothered Meatballs, 20                  Mash Potatoes                  Broccoli &amp; Ranch,                  Fresh Fruit                  Milk.</p>	<p>Beef Nachos 21                  Shredded Cheese                  Corn Tortilla Chips                  Salsa                  Mandarin Oranges                  Milk</p>	<p>Fresh Hot Pizza 22                  Baby Carrot &amp; Dip                  Fresh Fruit                  Choice Milk</p>
<p>Grilled chicken Sandwich 25                  Wheat Bun                  Side Salad w/ranch                  Whole Grain Chips                  Fresh Fruit                  Milk</p>	<p>Beef spaghetti 26                  Southern-Style Green Beans                  Whole Grain Garlic Bread                  Peaches                  Milk</p>	<p>Italian herb drumstick 27                  Roasted potatoes                  Steamed broccoli                  Fresh Fruit                  Milk</p>	<p>Fresh Hot Pizza 28                  Baby Carrot &amp; Dip                  Fresh Fruit                  Choice Milk</p>	<p>29  <b>Spring Break</b></p>

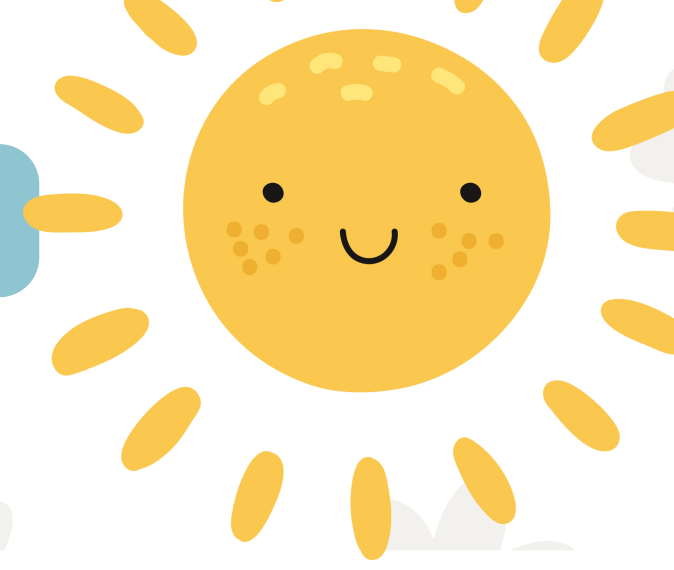


# MONTHLY MOTIVATION

"PRACTICE CREATES CONFIDENCE. CONFIDENCE EMPOWERS YOU." - SIMONE BILES

# April

## Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 <b>Spring Break</b>	2 <b>Spring Break</b>	3 <b>Spring Break</b>	4 <b>Spring Break</b>	5 <b>Spring Break</b>
8 <b>Breakfast:</b> Assorted Bowl Cereal (2 items) Fresh Fruit	9 <b>Breakfast:</b> Mini Cinnamon Rolls (2 items) 100% 4.23 oz Fruit Juice (1 item)	10 <b>Breakfast:</b> Frudel Bar (2 items) Fresh Fruit	11 <b>Breakfast:</b> Waffle (2 items) 100% 4.23 oz Fruit Juice (1 item)	12 <b>Breakfast:</b> Sliced Plain Bagel & Cream Cheese (2 items) 100% 4.23 oz Fruit Juice (1 item)
15 <b>Breakfast:</b> Assorted Bowl Cereal (2 items) Fresh Fruit	16 <b>Breakfast:</b> Cinnamon Crumb Loaf (2 items) 100% 4.23 oz Fruit Juice (1 item)	17 <b>Breakfast:</b> Blueberry Muffin (2 items) Fresh Fruit	18 <b>Breakfast:</b> Frudel Bar (2 items) 100% 4.23 oz Fruit Juice (1 item)	19 <b>Breakfast:</b> Mini Breakfast Bites (2 items) 100% 4.23 oz Fruit Juice (1 item)
22 <b>Breakfast:</b> Assorted Bowl Cereal (2 items) Fresh Fruit	23 <b>Breakfast:</b> Mini Breakfast Pancakes (2 items) 100% 4.23 oz Fruit Juice (1 item)	24 <b>Breakfast:</b> Frudel Bar (2 items) Fresh Fruit	25 <b>Breakfast:</b> Blueberry Cake Donut (2 items) 100% 4.23 oz Fruit Juice (1 item)	26 <b>Breakfast:</b> Chocolate Chip Muffin (2 items) 100% 4.23 oz Fruit Juice (1 item)

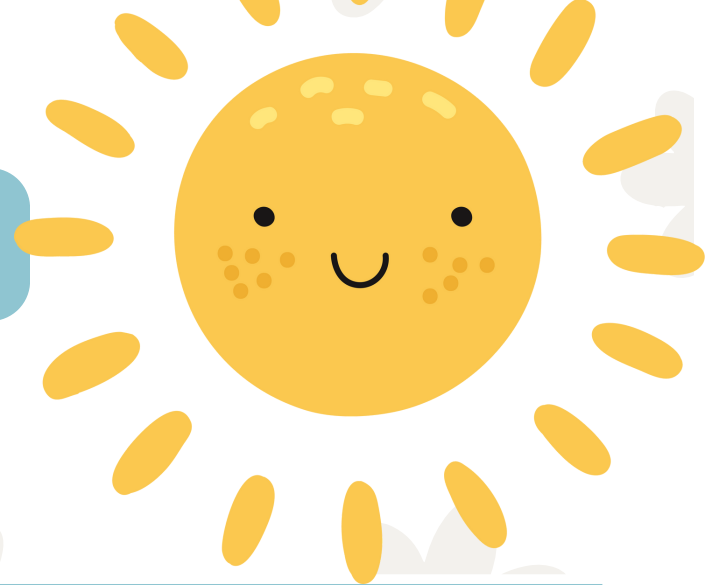


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# April

## Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>
8	9	10	11	12
Beef Corn Dog WG Doritos Mixed Green Salad & Ranch Fresh Fruit Milk	Chicken Alfredo WG Bread Stick Broccoli Fruit Cocktail	WG Meatball sub Cucumber w/ranch Potato tots Pineapple Milk	BBQ Chicken Drumstick Mixed Veggies WG Dinner roll Fruit Cocktail Milk	Fresh Hot Pizza Baby Carrot & Dip Fresh Fruit Choice Milk
15	16	17	18	19
Chicken Tenders/ BBQ WG Chips Corn Fresh Fruit Milk	Beef Salisbury steak Mashed potatoes WG dinner roll veggies Peaches Milk	Chicken Salad WG Bun Mandarin Oranges Milk	Cheese Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Steamed Seasoned Corn Pineapple Milk	Fresh Hot Pizza Baby Carrot & Dip Fresh Fruit Choice Milk
22	23	24	25	26
French Toast Sticks & Chicken Baby carrot w/ranch Pears Milk	Beef tacos/ WG Tortilla Veggie sticks Mandarin Oranges Milk	Chicken nuggets Mash potatoes WG Dinner roll Mixed veggies Fruit cocktail Milk	Beef Hot Dog Wheat Buns Vegetarian Baked Beans Peaches Milk	Fresh Hot Pizza Baby Carrot & Dip Fresh Fruit Choice Milk