Maadaa	Terester	Breakfast K-12	Thereseden	E
Monday	Tuesday	Wednesday	Thursday	Friday
				Egg & Cheese
				Breakfast Taco
				Salsa
				Fresh Fruit
				100% Apple Juice
				1% Lowfat White Milk or
Canned Fruit in Light Syrup WG = Whole Grain				Nonfat Chocolate Milk
4	5	6	7	8
ereal: Honey Nut Cheerios	Egg & Potato	French Toast	WG Turkey Sausage	WG Blueberry Muffin
Yogurt	Breakfast Taco Salsa	Sticks	Breakfast Pizza Fresh Fruit	Hardboiled Egg
Fresh Fruit 100% Orange Juice	Fresh Fruit	Syrup Fresh Fruit	100% Apple Juice	Fresh Fruit 100% Apple Juice
1% Lowfat White Milk or	100% Apple Juice	100% Orange Juice	1% Lowfat White Milk or	1% Lowfat White Milk or
Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or	Nonfat Chocolate Milk	Nonfat Chocolate Milk
	Nonfat Chocolate Milk	Nonfat Chocolate Milk		
11	12	13	14	15
11	12	15	14	15
No School	No School	No School	No School	No School
18	19	20	21	22
Bean and Cheese Burrito	Seasonal Fruit and	Blue Cornbread with Jelly	Cereal: Cinnamon	Scrambled Eggs
WG Tortilla	Yogurt Parfait	Hardboiled Egg	Toast Crunch	w/ WG buttered toast
Fresh Fruit	Graham Crackers	Fresh Fruit	Cheese Stick	Fresh Fruit
100% Orange Juice	100% Apple Juice	100% Apple Juice	Fresh Fruit	100% Orange Juice
1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	100% Apple Juice	1% Lowfat White Milk or
Nonfat Chocolate Milk	Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk
			Nonfat Chocolate Milk	
25	26	27	28	29
Sausage/Pancake on	Hash Browns	Omelet	Breakfast Sandwich	WG Bagel
a Stick	Turkey Sausage	WG English Muffin	Fresh Fruit	Cream Cheese
Syrup	WG Tortilla	Fresh Fruit	100% Apple Juice	Fresh Fruit
Fresh Fruit	Fresh Fruit	100% Orange Juice	1% Lowfat White Milk or	100% Orange Juice
100% Orange Juice	100% Apple Juice	1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or
1% Lowfat White Milk or	1% Lowfat White Milk or	Nonfat Chocolate Milk		Nonfat Chocolate Milk

March 2024

K-8

Monday	Tuesday	Wednesday	Thursday	Friday
				1
NTRÉE w/ GRAIN- BLUE				Beef Mac Casserole
GREEN VEG- GREEN				Cheesy WG Breadstick
FRUIT- PINK				Sauteed Spinach
RED/ORANGE- RED				Peach Cup
STARCHY VEG- YELLOW				WG Breadstick
OTHER VEG- ORANGE				1% Lowfat White Milk o
Canned Fruit in Light Syrup				Nonfat Chocolate Milk
WG = Whole Grain				
-				
4	5	6	7	8
Pepperoni Pizza	Meatloaf	Green Chile Posole	Bean Burrito Bowl	Chicken Tenders
WG Garlic Bread	Mashed potatoes w/ gravy	Blue Conbread	w/ Brown Rice	Sweet Potato Fries
Broccoli	Black Bean Salad	Carrot Sticks	WG Tortilla	Vegetable Medley
Pineapple Tidbits	Mixed Fruit	Pear Halves	Green Peas	Mandarin oranges
1% Lowfat White Milk or	WG Dinner Roll	1% Lowfat White Milk or	Whole Apple	Banana Bread Square
Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk o
	Nonfat Chocolate Milk		Nonfat Chocolate Milk	Nonfat Chocolate Milk
11	12	13	14	15
11	12		17	15
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
No School	No School	No School	No School	No School
10	10	20	21	22
18 Bison Cheeseburger	19 Pork Choppette	20 Beef Fajitas	21 Chicken Alfredo	22 Taco Soup
on WG Bun			with Penne Pasta	w/ tomatoes & corn
	Pasta Salad w/ veggies	w/ Spanish Rice		
Lettuce, Tomato slice	Seasoned potatoes	Sauteed bell pepper and onions	Broccoli	Refried Beans
Mustard, Mayo, Ketchup	Whole Orange	Applesauce	Mixed Fruit	WG Tortilla
Sweet Potato Fries	1% Lowfat White Milk or	1% Lowfat White Milk or	WG Garlic Toast	Pear Halves
Grapes	Nonfat Chocolate Milk	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk o
1% Lowfat White Milk or			Nonfat Chocolate Milk	Nonfat Chocolate Milk
Nonfat Chocolate Milk				
25	26	27	28	29
Steak Fingers	Teriyaki Chicken	WG Spaghetti	Tostada Dippers	Pulled Pork
WG Roll	w/ Fried Rice	w/ Meat Sauce	Spanish Rice	on WG Bun
Steamed Corn	Bean Soup	Garden Salad	Shredded Lettuce	Seasoned potatoes
Sauteed Zuchinni	Broccoli	Carrot Sticks, Dressing	Cherry Tomatos	Steamed Cauliflower
Pineapple Tidbits	Mixed Fruit	Orange Slices	Salsa Cup	Peach Cup
1% Lowfat White Milk or	1% Lowfat White Milk or	1% Lowfat White Milk or	Grapes	1% Lowfat White Milk o
		Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk
Nonfat Chocolate Milk	Nonfat Chocolate Milk			
Nonfat Chocolate Milk	Nonial Chocolate Milk	Nomat Onocolate Milk	Nonfat Chocolate Milk	

March 2024

HS

Monday	Tuesday	Wednesday	Thursday	Friday
				1
ENTRÉE w/ GRAIN- BLUE				Beef Mac Casserole
GREEN VEG- GREEN				Cheesy WG Breadstick
FRUIT- PINK				Sauteed Spinach
RED/ORANGE- RED				Corn Salad
STARCHY VEG- YELLOW				Peach Cup
OTHER VEG-ORANGE				Apple slices
Canned Fruit in Light Syrup				WG Breadstick
WG = Whole Grain				1% Lowfat White Milk or
0				Nonfat Chocolate Milk
4	5	6	7	8
Pepperoni Pizza	Meatloaf	Green Chile Posole	Bean Burrito Bowl	Chicken Tenders
WG Garlic Bread	Mashed potatoes w/ gravy	Blue Conbread	w/ Brown Rice	Sweet Potato Fries
Broccoli	Black Bean Salad	Carrot Sticks	WG Tortilla	Vegetable Medley
Pineapple Tidbits	Mixed Fruit	Pear Halves	Green Peas	Mandarin oranges
Orange slices	Peach Cup	Grapes	Whole Apple	Applesauce
1% Lowfat White Milk or	WG Dinner Roll	1% Lowfat White Milk or		
			Pineapple Tidbits	Banana Bread Square
Nonfat Chocolate Milk	1% Lowfat White Milk or	Nonfat Chocolate Milk	1% Lowfat White Milk or	1% Lowfat White Milk or
	Nonfat Chocolate Milk		Nonfat Chocolate Milk	Nonfat Chocolate Milk
11	12	13	14	15
No School	No School	No School	No School	No School
18	19	20	21	22
18 Bison Cheeseburger	19 Pork Choppette	20 Beef Fajitas	21 Chicken Alfredo	22 Taco Soup
Bison Cheeseburger	Pork Choppette	Beef Fajitas	Chicken Alfredo	Taco Soup
Bison Cheeseburger on WG Bun	Pork Choppette Pasta Salad w/ veggies	Beef Fajitas w/ Spanish Rice	Chicken Alfredo with Penne Pasta	Taco Soup w/ tomatoes & corn
Bison Cheeseburger on WG Bun Lettuce, Tomato slice	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions	Chicken Alfredo with Penne Pasta Broccoli	Taco Soup w/ tomatoes & corn Refried Beans
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 25	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk <u>25</u> Steak Fingers	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk <u>26</u> Teriyaki Chicken	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk <u>28</u> Tostada Dippers	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk <u>25</u> Steak Fingers WG Roll	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Teriyaki Chicken w/ Fried Rice	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti w/ Meat Sauce	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 28 Tostada Dippers Spanish Rice	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork on WG Bun
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk <u>25</u> Steak Fingers WG Roll Steamed Corn	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Teriyaki Chicken w/ Fried Rice Bean Soup	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti w/ Meat Sauce Garden Salad	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 28 Tostada Dippers Spanish Rice Shredded Lettuce	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork on WG Bun Seasoned potatoes
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk <u>25</u> Steak Fingers WG Roll Steamed Corn Sauteed Zuchinni	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Teriyaki Chicken w/ Fried Rice Bean Soup Broccoli	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk <u>28</u> Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatos	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk <u>25</u> Steak Fingers WG Roll Steamed Corn	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Teriyaki Chicken w/ Fried Rice Bean Soup	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti w/ Meat Sauce Garden Salad	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 28 Tostada Dippers Spanish Rice Shredded Lettuce	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork on WG Bun Seasoned potatoes
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk <u>25</u> Steak Fingers WG Roll Steamed Corn Sauteed Zuchinni	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Teriyaki Chicken w/ Fried Rice Bean Soup Broccoli	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk <u>28</u> Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatos	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 25 Steak Fingers WG Roll Steamed Com Sauteed Zuchinni Pineapple Tidbits	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Teriyaki Chicken w/ Fried Rice Bean Soup Broccoli Mixed Fruit	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing Orange Slices	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 28 Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatos Salsa Cup	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower Peach Cup Applesauce
Bison Cheeseburger on WG Bun Lettuce, Tomato slice Mustard, Mayo, Ketchup Sweet Potato Fries Grapes Apple Slices 1% Lowfat White Milk or Nonfat Chocolate Milk 25 Steak Fingers WG Roll Steamed Com Sauteed Zuchinni Pineapple Tidbits Mandarin Oranges	Pork Choppette Pasta Salad w/ veggies Seasoned potatoes Whole Orange Mixed Fruit WG Dinner Roll 1% Lowfat White Milk or Nonfat Chocolate Milk 26 Teriyaki Chicken w/ Fried Rice Bean Soup Broccoli Mixed Fruit Whole Apple	Beef Fajitas w/ Spanish Rice Sauteed bell pepper and onions Applesauce Pineapple Tidbits 1% Lowfat White Milk or Nonfat Chocolate Milk 27 WG Spaghetti w/ Meat Sauce Garden Salad Carrot Sticks, Dressing Orange Slices Peach Cup	Chicken Alfredo with Penne Pasta Broccoli Mixed Fruit Orange Slices WG Garlic Toast 1% Lowfat White Milk or Nonfat Chocolate Milk 28 Tostada Dippers Spanish Rice Shredded Lettuce Cherry Tomatos Salsa Cup Grapes	Taco Soup w/ tomatoes & corn Refried Beans WG Tortilla Pear Halves Peach Cup 1% Lowfat White Milk or Nonfat Chocolate Milk 29 Pulled Pork on WG Bun Seasoned potatoes Steamed Cauliflower Peach Cup