

March 2023

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cinnamon Roll Cheerios w/ Cinnamon Grahams 100% Fruit Juice 2nd Fruit- Apple 1% White Milk Fat Free White Milk	2 Froot Loops w/ Honey Grahams Scrambled Egg Breakfast Sandwich Main Fruit Orange 2nd Fruit- Pear 1% White Milk Fat Free White Milk	3 Apple Jacks w/ Honey Grahams Blueberry Mini Muffin & String Cheese Main Fruit Pear 2nd Fruit- Apple 1% White Milk Fat Free White Milk
6 Frosted Flakes w/ Cinnamon Grahams Banana Muffin Main Fruit Orange 2nd Fruit- Apple 1% White Milk Fat Free White Milk	7 Apple Jacks w/ Honey Grahams Pancake Stack w/ Syrup Main Fruit Banana 2nd Fruit- Pear 1% White Milk Fat Free White Milk	8 Cinnamon Chex w/ Cinnamon Crackers Pan Dulce 100% Fruit Juice 2nd Fruit- Apple 1% White Milk Fat Free White Milk	9 Froot Loops w/ Honey Grahams Chicken Sausage Breakfast Sandwich Main Fruit Orange 2nd Fruit- Pear 1% White Milk Fat Free White Milk	10 Frosted Flakes w/ Cinnamon Grahams Cinnamon Delight Main Fruit Pear 2nd Fruit- Apple 1% White Milk Fat Free White Milk
13 Frosted Flakes w/ Cinnamon Grahams Mantecada Main Fruit Orange 2nd Fruit- Apple 1% White Milk Fat Free White Milk	14 Apple Jacks w/ Honey Grahams Breakfast Cheese Tamale Main Fruit Banana 2nd Fruit- Pear 1% White Milk Fat Free White Milk	15 Cinnamon Chex w/ Cinnamon Crackers Apple Berry ZeeZee Bar 100% Fruit Juice 2nd Fruit- Apple 1% White Milk Fat Free White Milk	16 Froot Loops w/ Honey Grahams WG Mini Maple Eggo Waffles Main Fruit Orange 2nd Fruit- Pear 1% White Milk Fat Free White Milk	17 Frosted Flakes w/ Cinnamon Grahams Cranberry Oatmeal Round Main Fruit Pear 2nd Fruit- Apple 1% White Milk Fat Free White Milk
20 Frosted Flakes w/ Cinnamon Grahams Pan Dulce Main Fruit Orange 2nd Fruit- Apple 1% White Milk Fat Free White Milk	21 Apple Jacks w/ Honey Grahams Bean & Cheese Burrito w/ Hot Sauce Main Fruit Banana 2nd Fruit- Pear 1% White Milk Fat Free White Milk	22 Cinnamon Chex w/ Cinnamon Crackers Blueberry Muffin 100% Fruit Juice 2nd Fruit- Apple 1% White Milk Fat Free White Milk	23 Froot Loops w/ Honey Grahams Mini French Toast Bites Main Fruit Orange 2nd Fruit- Pear 1% White Milk Fat Free White Milk	24 Frosted Flakes w/ Cinnamon Grahams Banana Bread Main Fruit Pear 2nd Fruit- Apple 1% White Milk Fat Free White Milk
27 Frosted Flakes w/ Cinnamon Grahams Whole Grain Bagel w/ Cream Cheese Main Fruit Orange 2nd Fruit- Apple 1% White Milk Fat Free White Milk	28 Yogurt Parfait w/ Strawberries & Honey Grahams Apple Jacks w/ Honey Grahams & Whole Fruit 2nd Fruit- Pear 1% White Milk Fat Free White Milk	29 Cinnamon Chex w/ Cinnamon Crackers Cinnamon Roll 100% Fruit Juice 2nd Fruit- Apple 1% White Milk Fat Free White Milk	30 Froot Loops w/ Honey Grahams Scrambled Egg Breakfast Sandwich Main Fruit Orange 2nd Fruit- Pear 1% White Milk Fat Free White Milk	31 Frosted Flakes w/ Cinnamon Grahams Blueberry Mini Muffin & String Cheese Main Fruit Pear 2nd Fruit- Apple 1% White Milk Fat Free White Milk

March 2023

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Beef Nachos w/ Baked Chips Plant-Based Chicken Fajitas w/ Peppers, Pinto Beans, Corn, & WG Tortillas Chicken Taco Salad w/ Baked Chips Double Cheese Sandwich w/ Garbanzo Corn Salad Chicken Fajitas w/ Peppers, Pinto Beans, Corn, & WG Tortillas Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad Celery Sticks Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Chicken Tamale w/ Seasoned Corn Double Cheese Sandwich on WG Bun w/ Baby Carrots Breakfast for Lunch: Pancake, Sausage Links & Seasoned Potatoes Cheese Tamale w/ Seasoned Corn Italian Turkey Submarine w/ Baby Carrots HS Baby Carrots 2 Apple Sauce 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Buffalo Chicken Salad w/ Baked Chips Bean & Cheese Burrito w/ Hot Sauce Double Cheese Sandwich Beef, Bean & Cheese Burrito w/ Hot Sauce Turkey Breast Sandwich on WG Roll Spinach Salad w/ Italian Dressing Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
		6	7	8
Turkey & Cheese Torta w/ Side of Fries Cheeseburger w/ Oven Baked Fries Double Cheese Torta w/ Side of Fries Hot Dog w/ Oven Baked Fries Plant-Based Chicken Tenders w/ Seasoned Fries 100% Fruit Juice 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Cheese Lasagna w/ Tomato Basil Sauce Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots Double Cheese Sandwich on WG Bun w/ Baby Carrots Chicken Alfredo Pasta w/ Steamed Broccoli Cheesy Penne Alfredo w/ Steamed Broccoli & Dinner Roll Baby Carrots Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad Chicken Taco Salad w/ Baked Chips Plant-Based Chicken w/ Pinto Beans & Rice Double Cheese Sandwich w/ Garbanzo Corn Salad Turkey Chili w/ Corn Muffin Beef Nachos w/ Baked Chips Cucumber Slices w/ Tajin Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Tuna Salad w/ Dinner Roll Double Cheese Sandwich on WG Bun w/ Baby Carrots Chicken Teriyaki w/ Not So Fried Rice Cheese Tamale w/ Seasoned Corn Italian Turkey Submarine w/ Baby Carrots HS Chicken Tamale w/ Seasoned Corn Baby Carrots 2 Mixed Berry Cups 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Deep Dish Cheese Pizza Smoked Turkey & Cheese Sandwich on Knot Roll Buffalo Chicken Salad w/ Baked Chips Hamburger Double Cheese Sandwich Lettuce, Tomato, Pickle Kit Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
		13	14	15
Turkey & Cheese Torta w/ Side of Fries Cheeseburger w/ Oven Baked Fries Double Cheese Torta w/ Side of Fries Chicken Patty Burger w/ Oven Baked Fries Vegetarian Burger w/ Oven Baked Fries 100% Fruit Juice 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Cheese Lasagna w/ Tomato Basil Sauce Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots Double Cheese Sandwich on WG Bun w/ Baby Carrots Firecracker Chicken w/ Yakisoba Noodles Baby Carrots Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad Beef Picadillo w/ Black Beans & Rice Plant-Based Chicken w/ Pinto Beans & Rice Double Cheese Sandwich w/ Garbanzo Corn Salad Beef Nachos w/ Baked Chips Celery Sticks Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Chicken Tamale w/ Seasoned Corn Double Cheese Sandwich on WG Bun w/ Baby Carrots Chicken Nuggets w/ Mashed Potatoes Cheese Tamale w/ Seasoned Corn Italian Turkey Submarine w/ Baby Carrots HS Baby Carrots 2 Apple Sauce 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Deep Dish Cheese Pizza Smoked Turkey & Cheese Sandwich on Knot Roll BBQ Beef Rib-A-Que Sandwich Double Cheese Sandwich Romaine Salad w/ Ranch Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
		20	21	22
Turkey & Cheese Torta w/ Side of Fries Cheeseburger w/ Oven Baked Fries Double Cheese Torta w/ Side of Fries Vegetarian Burger w/ Oven Baked Fries 100% Fruit Juice 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Cheese Lasagna w/ Tomato Basil Sauce Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots Double Cheese Sandwich on WG Bun w/ Baby Carrots Chicken Enchiladas w/ Creamy Green Salsa Cheese Enchiladas w/ Creamy Green Salsa Baby Carrots Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad Chicken Taco Salad w/ Baked Chips Chicken Fajitas w/ Peppers, Pinto Beans, Corn, & WG Tortillas Plant-Based Chicken Fajitas w/ Peppers, Pinto Beans, Corn, & WG Tortillas Double Cheese Sandwich w/ Garbanzo Corn Salad Beef Nachos w/ Baked Chips Cucumber Slices w/ Tajin Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Chicken Tamale w/ Seasoned Corn Tuna Salad w/ Dinner Roll Double Cheese Sandwich on WG Bun w/ Baby Carrots Baked Ziti w/ Meat Sauce Cheesy Baked Ziti w/ Marinara Sauce Italian Turkey Submarine w/ Baby Carrots HS Baby Carrots 2 Mixed Berry Cups 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Deep Dish Cheese Pizza Smoked Turkey & Cheese Sandwich on Knot Roll Buffalo Chicken Salad w/ Baked Chips Bean & Cheese Burrito w/ Hot Sauce Beef, Bean & Cheese Burrito w/ Hot Sauce Double Cheese Sandwich House Salad w/ Italian NEW Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
		27	28	29
Turkey & Cheese Torta w/ Side of Fries Cheeseburger w/ Oven Baked Fries Double Cheese Torta w/ Side of Fries Vegetarian Burger w/ Oven Baked Fries Honey Mustard Grilled Chicken Sandwich w/ Oven Baked Fries 100% Fruit Juice 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Cheese Lasagna w/ Tomato Basil Sauce Smoked Turkey & Cheese Sandwich on Knot Roll w/ Baby Carrots Double Cheese Sandwich on WG Bun w/ Baby Carrots Carrots Penne & Meatballs w/ Tomato Basil Sauce Baby Carrots Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Turkey Breast Sandwich on WG Roll w/ Garbanzo Corn Salad Chicken Taco Salad w/ Baked Chips Chicken Burrito Bowl Plant-Based Chicken Burrito Bowl Double Cheese Sandwich w/ Garbanzo Corn Salad Beef Nachos w/ Baked Chips Celery Sticks Banana 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Chicken Tamale w/ Seasoned Corn Tuna Salad w/ Dinner Roll Double Cheese Sandwich on WG Bun w/ Baby Carrots Breakfast for Lunch: Pancake, Sausage Links & Seasoned Potatoes Cheese Tamale w/ Seasoned Corn Italian Turkey Submarine w/ Baby Carrots HS Baby Carrots 2 Apple Sauce 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	Deep Dish Cheese Pizza Smoked Turkey & Cheese Sandwich on Knot Roll Buffalo Chicken Salad w/ Baked Chips Mac & Cheese Double Cheese Sandwich Romaine Salad w/ Ranch Orange 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
		30	31	

revolution foods All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.