

TOIS

March 2017

Our menus are aligned with the USDA's Healthy Hunger Free Kids Act.

Weekly Breakfast Menu

Monday – WG Cereal and Graham Crackers
 Tuesday – Mini Pancakes
 Wednesday – Mini Cini's
 Thursday – Breakfast Pizza
 Friday – WG Muffin and Graham Crackers

All Breakfasts come with Fruit and 1% or Skim Milk

All meals include a trip through our Thrive Garden Bar & Milk		3/1 Baked Macaroni and Cheese with Roll and Broccoli	3/2 Chicken Stir fry over Brown Rice with Chinese Style Vegetables	3/3 Big Daddy's Pizza With Baby Carrots
3/6 French Toast Sticks with Sausage and Sweet Potato Bites	3/7 Chicken Nuggets w/Roll and Golden Corn	3/8 Pasta and Meatballs with Roll and Steamed Broccoli	3/9 Crazy Beef Nachos With Baked Beans and Rice	3/10 Hand Tossed Pizza with Side Salad
3/13 Hamburger on a Pretzel Bun with Baked Fries	3/14 Popcorn Chicken Bowl w/Roll Mashed Potatoes, Gravy and Steamed Corn	3/15 Baked Ziti with Roll and Steamed Carrots	3/16 Roasted BBQ Chicken with Baked Beans and Roll	3/17 Hand Tossed Pizza with Celery Sticks
3/20 Mozzarella Sticks with Marinara and Cross Trax Sweet Potato Fries	3/21 Chicken Tenders and Roll with Golden Corn	3/22 Chicken Alfredo with Pasta, Broccoli and Roll	3/23 Chicken and Waffles with Baked Beans	3/24 French Bread Pizza with Assorted Toppings and Side Salad
3/27 Pancakes with Sausage and Sweet Potato Bites	3/28 Popcorn Chicken with Roll and Baked Fries	3/29 Baked Cheese Ravioli with Roll and Steamed Peas	3/30 Chicken Fajita with Rice and Steamed Broccoli	3/31 Big Daddy's Pizza with Assorted Toppings and Baby Carrots



A MINIMUM OF 4 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

Low Fat or Fat Free Milk included with all meals

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EVERYDAY CHOICES

Turkey Sandwich
 Daily Specials and Weekly Specials

All sandwiches served on WW Rolls, side salad and a trip through the Thrive Garden Bar. Vegetarian options offered daily.



EVERYDAY CHOICES

Flame Broiled Beef Patty, Chicken & Daily Specials

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All sandwiches served on WW buns, hot vegetable & a trip through the Thrive Garden Bar. Vegetarian options offered daily.



WEEKLY CHOICES

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- Week #1 Asian Chicken Salad or Ham and Cheese
- Week #2 Chicken Salad Sandwich or Chicken Caesar Salad
- Week #3 Chicken Caesar Wrap or Chef Salad
- Week #4 Antipasto Salad or Italian Hoagie
- Week #5 Crispy Chicken Salad or Turkey and Cheese

Include a trip through the Thrive Garden Bar and Whole Grain Product

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Vegetarian

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Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 30350-9413 or call (800) 795-3373 (voice) or (303) 730-6383 (TTY). USDA is an equal opportunity provider and employer.