

MARCH 2018

Elementary Breakfast & Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

I SCHOOL BREAKFAST



March 5-9, 2018 #NSBW18 #schoolbreakfast

Breakfast **5**

Cereal & Graham Cracker
Mini Bagels w/Strawberry Cream Cheese
Flavored Applesauce & Assorted Juice
Lunch
Chicken & Waffles w/ Syrup
Tater Tots
Seasoned Spinach
Fresh Orange

Breakfast **6**

Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
Salisbury Steak w/ Brown Gravy*
Turkey Chef Salad*
Macaroni & Cheese
Seasoned Carrots
Steamed Broccoli
Flavored Applesauce

Breakfast **7**

Cereal & Graham Cracker
Berry Patch Smoothie
Fruit Cocktail & Assorted Juice
Lunch
Meatball Sub*
Protein Bistro Box w/ Egg*
Tater Tots
Baked Beans
Fresh Apple Slices

Breakfast **1**

Cereal & Graham Cracker
Trix Yogurt w/Graham Cracker
Apple Slices & Assorted Juice
Lunch
Beef & Cheese Nachos
Turkey Ham Chef Salad
Refried Beans
Seasoned Golden Corn
Applesauce

Breakfast **2**

Cereal & Graham Cracker
Cinnamon Wheat Toast
Cheese Omelette, Ham
Fruit Cocktail & Assorted Juice
Lunch
Cluckeroo Sandwich
One Fish, Two Fish, Fish Sticks Too
Wubbulous Wedges
Truffula Trimming -lettuce tomato
pickle
Lorax Oranges

Breakfast **8**

Cereal & Graham Cracker
Colby Omelette Biscuit or
Chicken Biscuit
Apple Slices & Assorted Juice
Lunch
Chicken Nuggets*
Turkey Ham Chef Salad*
Fresh Baked Roll
Mashed Potatoes w/ Gravy
Green Beans
Sliced Peaches

Breakfast **9**

Cereal & Graham Cracker
Dutch Baby Waffle
Sliced Peaches & Assorted Juice
Lunch
Hamburger or Cheeseburger*
Grilled Cheese Sandwich*
Lettuce, Tomato, Pickle
French Fries
Fruit Cocktail



Breakfast **19**

Cereal & Graham Cracker
Pull Apart Cini Mini's
Sliced Peaches & Assorted Juice
Lunch
Pepperoni or Cheese Pizza
Golden Corn
Seasoned Spinach
Flavored Applesauce

Breakfast **20**

Cereal & Graham Cracker
Blueberry Pancake on a Stick
Flavored Applesauce & Assorted Juice
Lunch
Crispito w/ Cheese Sauce
Pinto Beans
Steamed Carrots
Fruit Cocktail

Breakfast **21**

Cereal & Graham Cracker
Pancakes w/Syrup
Turkey Sausage Patty
Fruit Cocktail & Assorted Juice
Lunch
Penne Pasta & Meat Sauce
Green Beans
California Vegetables
Sliced Peaches

Breakfast **22**

Cereal & Graham Cracker
Trix Yogurt
Apple Slices & Assorted Juice
Lunch
Chicken Nuggets*
Turkey Ham Chef Salad*
Fresh Baked Roll
Mashed Potatoes & Gravy
Steamed Broccoli
Fresh Orange

Breakfast **23**

Cereal & Graham Cracker
French Toast Sticks
Sliced Peaches & Assorted Juice
Lunch
Chicken Fried Steak Sandwich*
Catfish on a Bun*
Green Beans
French Fries
Fresh Apple Slices

Breakfast **26**

Cereal & Graham Cracker
Mini Bagels w/Strawberry Cream Cheese
Flavored Applesauce & Assorted Juice
Lunch
French Toast & Colby Omelette
Tater Tots
Fresh Cucumber & Tomato
Fresh Apple Slices

Breakfast **27**

Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice
Lunch
Chicken Lo Mein*
Turkey Chef Salad*
Vegetable Egg Roll
Steamed Broccoli
Fresh Strawberries & Orange
Sweet & Sour Dipping Cup

Breakfast **28**

Cereal & Graham Cracker
Berry Patch Smoothie
Fruit Cocktail & Assorted Juice
Lunch
Beef Tips over White Rice*
Protein Box w/ Turkey Canadian Bacon*
Steamed Carrots
Garden Salad
Fresh Grapes

Breakfast **29**

Cereal & Graham Cracker
Colby Omelette Biscuit or
Chicken Biscuit
Apple Slices & Assorted Juice
Lunch
Beef & Cheese Nachos*
Turkey Ham Chef Salad*
Refried Beans
Seasoned Golden Corn
Flavored Applesauce

30

Good FRIDAY

MEAL PRICES

~Breakfast~

- Students \$1.30
 - Reduced Price - .30¢
 - Adult - \$1.80
- ~Lunch~
- Students - \$2.75
 - Reduced Price - .40¢
 - Adult - \$3.25

Milk Varieties Offered Daily
8 oz. Cartons of:
FF Chocolate
FF Strawberry
1% Lowfat
Extra Milk or Milk Purchased
Without Tray - .60¢



Each meal
(Breakfast and Lunch)
must contain at least
3 items - 1 of the items
must be a fruit or vegetable.

* Denotes Choice of Entree

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SHAC CORNER

(Student Health Advisory Council)
ALL SESSIONS HELD FROM 6:30-8 PM
(Unless Otherwise Noted)

At ACORN Community & Family Services Center,
101 Live Oak Street, Red Oak, Tx
RSVP: Donna Knight at 972-617-4568
Or donna.knight@redoakisd.org

March 26:

Who's in the Drivers Seat?

March 27:

Anger Management