

March 2018 Breakfast Balko



March 2018 Lunch Balko

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change			1 Cinnamon Roll Cereal Fruit Juice Milk	2 Biscuit and Gravy Cereal Fruit Juice Milk
5 Yogurt Parfait Cereal Fruit Juice Milk	6 Breakfast Bagel (Ham, Egg & Cheese) Cereal Fruit Juice Milk	7 Biscuit and Gravy Cereal Fruit Juice Milk	8 Toast Scrambled Eggs Cereal Fruit Juice Milk	9 No School
12 No School Spring Break	13 No School Spring Break	14 No School Spring Break	15 No School Spring Break	16 No School Spring Break
19 Oatmeal with Toppings Cereal Fruit Juice Milk	20 Sweet Waffle Sticks Cereal Fruit Juice Milk	21 Breakfast Biscuit (Sausage, Egg, Cheese) Cereal Fruit Juice Milk	22 Breakfast Taco Cereal Fruit Juice Milk	23 Blueberry Muffin Cheese Stick Cereal Fruit Juice Milk
26 Waffle Scrambled Eggs Cereal Fruit Juice Milk	27 Biscuit and Gravy Cereal Fruit Juice Milk	28 Pancake minis Cereal Fruit Juice Milk	29 Toast Scrambled Eggs Sausage Cereal Fruit Juice Milk	30 No School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change			1 Southwest Chicken Pot Pie Biscuit Roasted Carrots Fruit Milk Salad Bar	2 Pizza Caesar Salad Fruit Milk Salad Bar
5 Ranch Chicken Flatbread Baby Carrots Ruffles Fruit Juice Milk Salad Bar	6 Homemade Burrito Mexican Salad Chips and Salsa Fruit Milk Salad Bar	7 Cheeseburger Tater Tots Fruit Milk Salad Bar	8 Chili Fritos Chili Beans Fruit Milk Salad Bar	9 No School
12 No School Spring Break	13 No School Spring Break	14 No School Spring Break	15 No School Spring Break	16 No School Spring Break
19 Pizza Pasta Garlic Knot Caesar Salad Fruit Milk Salad Bar	20 Baked Potato Bar Green Beans BBQ Chicken Dinner Roll Fruit Milk Salad Bar	21 Hot Ham and Cheese Sub Tomato Florentine Soup* Baby Carrots Fruit/Salad Bar Milk	22 Sour Cream Chicken Enchilada* Cilantro Lime Rice Refried Beans Chips and Salsa Fruit/Salad Bar Milk	23 Hot Dog with Chili French Fries Fruit Milk Salad Bar
26 Corn Dog Mac and Cheese Green Beans Fruit Milk Salad Bar	27 Mexican Pizza Cilantro Lime Rice Refried Beans Chips and Salsa Fruit Milk Salad Bar	28 Country Fried Steak Mashed Potatoes and Gravy Roasted Carrots Dinner Roll Fruit/Salad Bar Milk	29 Cheeseburger BBQ Beans Rice Krispie Treat* Fruit Milk Salad Bar	30 No School

The following are great sources of protein at breakfast: Yogurt, Cheese Stick, Milk, Eggs, Oatmeal, Ham, Sausage, and Cheese. Choosing an item high in protein is a great way to start your day.

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