

**LA SALLE CHARTER SCHOOL
BREAKFAST, LUNCH & AFTERNOON SNACK MENU
MARCH 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Fish Nuggets Carrots/margarine Celery Sticks Peaches Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Strawberry WG Pop-Tart #3839784 Skim Milk 1C
4	5	6	7	8
<u>BREAKFAST</u> Egg Patty Biscuit Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Grilled Hamburger on Bun Oven Roasted New Potatoes Pineapple Chunks Catsup Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Elf Grahams Skim Milk 1C	<u>BREAKFAST</u> Pancakes (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Chicken Strips WG Breaded BBQ Sauce Pork and Beans Seasonal Fruit Honey Graham Crackers Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Fruit cup 3/4 C Cheese 1 oz.	<u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> WG Mostaccioli Meat Sauce Green Beans w/Margarine Peaches WG Roll/margarine Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix #6963722 Skim Milk 1C	<u>BREAKFAST</u> Cereal Hard Boiled Egg Graham Cracker Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Pepperoni Pizza Carrot Sticks Lite Ranch Pears Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Strawberry WG Pop-Tart #3839784 Skim Milk 1C	<u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> WG Breaded Pollock Broccoli w/margarine Season Fruit Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Strawberry Yogurt 4 oz. Fruit Slices 6 oz.
11	12	13	14	15
<u>BREAKFAST</u> Biscuit w/margarine Scrambled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Homemade Fresh Chicken Breast on WG Bun Seasoned Corn Catsup Quartered Oranges Skim Milk 1C <u>AFTER SCHOOL SNACK</u> String Cheese & Crackers Skim Milk 1C	<u>BREAKFAST</u> Cereal French Toast Sticks, WG & Syrup Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Sock-Rockin' Chili Carrot Sticks Light Ranch Dressing WG Roll/Margarine Pineapple Chunks Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Graham Crackers 4 squares Skim Milk 1C	<u>BREAKFAST</u> Pancake/Sausage on Stick Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Corn Dog Spinach w/Margarine Fresh Fruit/Seasonal Animal Crackers Catsup Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Annie's WG Bunny Crackers Skim Milk 1C	<u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Soft Beef Taco Shredded Lettuce/Tomatoes Fresh Fruit/Seasonal Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Blueberry Muffin Fresh Fruit 3/4 C	<u>BREAKFAST</u> Waffle w/Syrup Cereal Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Mac and Cheese Green Beans Roll, WG Mixed Fruit Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Pineapple chunks or Grapes 3/4C Animal Crackers (9)
18	19	20	21	22
NO SCHOOL	<u>BREAKFAST</u> Pancake (2) w/Syrup Sausage Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> All-Beef Hot Dog on WG Bun French Fries Catsup/Mustard Mixed Veggies Fresh Fruit/Seasonal Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Hot n Spicy Chex Mix #6963722 Skim Milk 1C	<u>BREAKFAST</u> Cereal Yogurt, Strawberry nonfat Graham Crackers 4 squares Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Grilled Hamburger on WG Bun Lettuce & Tomato Catsup/Mustard Seasoned Corn w/Margarine Fresh Fruit/Seasonal Skim Milk 1C <u>AFTER SCHOOL SNACK</u> WG Strawberry Pop-Tart Skim Milk 1C	<u>BREAKFAST</u> Blueberry Muffin Hard-Boiled Egg Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> Boneless Chicken Drumsticks Homemade Mashed Potatoes/Gravy Green Beans w/Margarine Chilled Applesauce Slice White or Wheat Bread Skim Milk 1C <u>AFTER SCHOOL SNACK</u> WG Cheez-its Skim Milk 1C	<u>BREAKFAST</u> Cereal Bagel & Cream Cheese Fresh Fruit/Seasonal 100% Fruit Juice/Skim Milk 1C <u>LUNCH</u> WG Cheese Pizza Wedge Tossed Romaine Salad Light Ranch Dressing Carrot Sticks Fresh Fruit/Seasonal Skim Milk 1C <u>AFTER SCHOOL SNACK</u> Bug Bites #385621 Skim Milk 1C
25	26	27	28	29
				

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