

# March 2023

## Elementary & HS Breakfast Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|   |  | 1<br>French Toast Sticks<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Strawberries<br>Potato Rounds<br>Milk                    | 2<br>Green Eggs and Ham<br>& Toast<br>or<br>Strawberry & Banana Smoothies<br>Graham Crackers<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Dried Raisins<br>Fresh Fruit<br>Potato Rounds<br>Milk<br><br><b>Dr. Suess Day</b> | 3<br>Glazed Donut<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Peaches<br>Potato Rounds<br>Milk                   |
| 6<br>Chicken Biscuit<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Dried Cranberries<br>Potato Rounds<br>Potato Rounds<br>Milk | 7<br>Funnel Cakes<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Applesauce<br>Fresh Fruit<br>Potato Rounds<br>Milk<br><br><b>National Cereal Day!</b> | 8<br>Pancakes with Sausage<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Strawberries<br>Potato Rounds<br>Potato Rounds<br>Milk | 9<br>Banana Split Parfaits<br>Graham Crackers<br>or<br>Toast & Sausage<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Pears<br>Fresh Fruit<br>Potato Rounds<br>Milk   | 10<br>Beingets<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Peaches<br>Potato Rounds<br>Milk                      |
| 13<br>Sausage Biscuit<br>or<br>Cereal and Toast<br>AND<br>Chilled Pears<br>Potato Rounds<br>Milk                            | 14<br>Chicken & Waffles<br>or<br>Cereal & Toast<br>AND<br>Chilled Applesauce<br>Potato Rounds<br>Milk  | 15<br>Build Your Own Breakfast Buritto<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Pineapples<br>Potato Rounds<br>Milk        | 16<br>Strawberry Yogurt Parfait<br>or<br>Toast & Sausage<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Pears<br>Fresh Fruit<br>Potato Rounds<br>Milk   | 17<br>Cinnamon Rolls<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Peaches<br>Fresh Fruit<br>Potato Rounds<br>Milk |
| 20<br>Bacon, Egg, & Cheese Biscuit<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Pears<br>Potato Rounds<br>Milk        | 21<br>Waffle and Sausage<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Applesauce<br>Potato Rounds<br>Milk  | 22<br>French Toast Sticks<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Strawberries<br>Fresh Fruit<br>Potato Rounds<br>Milk    | 23<br>Strawberry & Banana Smoothies<br>Graham Crackers<br>or<br>Toast & Sausage<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Dried Raisins<br>Fresh Fruit<br>Potato Rounds<br>Milk  | 24<br>Glazed Donut<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Peaches<br>Potato Rounds<br>Milk                  |
| 27<br>Chicken Biscuit<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Dried Cranberries<br>Potato Rounds<br>Milk                 | 28<br>Funnel Cakes<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Applesauce<br>Potato Rounds<br>Milk  | 29<br>Pancakes with Sausage<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Strawberries<br>Fresh Fruit<br>Potato Rounds<br>Milk  | 30<br>Banana Split Parfaits<br>Graham Crackers<br>or<br>Toast & Sausage<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Pears<br>Potato Rounds<br>Milk   | 31<br>Beingets<br>or<br>Cereal & Toast<br>AND<br>Grits<br>Chilled Peaches<br>Potato Rounds<br>Milk                      |

# March 2023 Elementary Lunch Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
|   |   | 1   | 2  | 3  |
|   |   | Sweet Heat Meatballs<br>Macaroni & Cheese<br>Baked Beans<br>California Blend Vegetables<br>Chilled Pineapples (PK & YK)<br>Southern Butter Roll<br>Milk                             | Chicken Parmesan<br>Caesar Salad<br>Fresh Fruit<br>Chilled Applesauce<br>Garlic Roll<br>Milk<br><br>Bananas (PK & YK)  | Shrimp Gumbo<br>Potato Salad<br>Broccoli & Cheese<br>Chilled Pears (PK & YK)<br>Southern Butter Roll<br>Brownie<br>Milk                        |
|   |   | Hamburger on Bun w/wo Cheese  | Chicken Nuggets & Fries  | Pizza & Fries  |
| 6   | 7   | 8   | 9  | 10   |
| White Beans<br>Steamed Rice<br>Chicken Smackers (PK & YK)<br>or Sausage<br>Steamed Broccoli<br>Chilled Peaches (PK & YK)<br>Southern Butter Roll<br>Milk                    | Crispy or Soft Beef Taco<br>Shredded Cheese<br>Shredded Lettuce & Chopped Tomatoes<br>Golden Corn<br>Fresh Fruit<br>Chilled Strawberries (PK & YK)<br>Cinamon Roll<br>Milk<br><br><b>(PK &amp; YK)</b><br>Soft Taco   | <b>Asian</b><br>General Tso Chicken Smackers<br>Fried Rice<br>California Blend Vegetables<br>Spring Salad Mix<br>Chilled Mandarin Oranges (PK & YK)<br>Southern Butter Roll<br>Milk | Meatballs & Spaghetti<br>Caesar Salad<br>Fresh Fruit<br>Chilled Applesauce<br>Garlic Roll<br>Milk<br><br>Bananas (PK & YK)   | Fried Catfish<br>Macaroni & Cheese<br>Glazed Sweet Potatoes<br>Seasoned Green Beans<br>Chilled Pears (PK & YK)<br>French Bread<br>Cake<br>Milk |
| Hamburger on Bun w/wo Cheese  | Chicken Sandwich on Bun   | Hot Dogs w/wo Chili & Fries   | Pizza & Fries  | Yellow Grilled Cheese & Fries  |
| 13  | 14  | 15  | 16   | 17   |
| Fried Chicken Drumstick<br>Potatoes Au Gratin<br>Carrot Souffle<br>Chilled Peaches (PK & YK)<br>Southern Butter Roll<br>Milk<br><br><b>(PK &amp; YK)</b><br>Chicken Nuggets | Bag Lunch<br>Ham Sandwich<br>Lettuce/Tomato/Pickle<br>Baby Carrots<br>Fresh Fruit<br>Milk   | Italian Bake<br>Golden Corn<br>Caesar Salad<br>Chilled Pears (PK & YK)<br>Garlic Roll<br>Milk<br><br><b>Nutrition Day</b><br>Kiwi   | Sweet Heat Chicken Breast<br>Macaroni & Cheese<br>Seasoned Green Beans<br>Glazed Carrots<br>Fresh Fruit<br>Chilled Applesauce<br>French Bread<br>Milk<br><br>Bananas (PK & YK) | Shrimp Gumbo<br>Steamed Rice<br>Potato Salad<br>Broccoli with Cheese<br>Dried Cranberries<br>Southern Butter Roll<br>Brownie<br>Milk           |
| General Tso Chicken Smackers & Fries  |   | Chicken Nuggets   | Pizza & Fries  | Mozzarella Sticks w/ Marinara  |
| 20  | 21  | 22  | 23   | 24   |
| Chicken Stew<br>Steamed Rice<br>Seasoned Green Beans<br>Carrot Souffle<br>Chilled Peaches (PK & YK)<br>French Bread<br>Milk   | Crispy or Soft Beef Taco<br>Shredded Cheese<br>Shredded Lettuce & Chopped Tomatoes<br>Golden Corn<br>Fresh Fruit<br>Chilled Strawberries (PK & YK)<br>Cinnamon Roll<br>Milk<br><br><b>(PK &amp; YK)</b><br>Soft Tacos | Red Beans<br>Steamed Rice<br>Chicken Smackers or Sausage<br>Creamed Spinach<br>Raisins<br>Southern Butter Roll<br>Milk  | Pepperoni Pizza Pasta<br>Caesar Salad<br>Golden Corn<br>Fresh Fruit<br>Chilled Applesauce<br>Garlic Roll<br>Milk<br><br>Bananas (PK & YK)                                      | <b>Brunch for Lunch</b><br>Biscuit and Eggs<br>Tator Tots<br>Grits<br>Baby Carrots<br>Chilled Pears (PK & YK)<br>Cookie<br>Milk                |
| Hamburger on Bun w/wo Cheese  | Bacon Cheese Buger  | Sloppy Joe on Bun & Fries   | Hot Dogs w/wo Chili  | Pizza & Fries  |
| 27  | 28  | 29  | 30   | 31   |
| Roastbeef<br>Cajun Rice<br>Sweet Potato Fries<br>Seasoned Green Beans<br>Dried Raisins<br>Southern Butter Roll<br>Milk  | Southwest Bowl<br>Fajita Chicken<br>Southwest Rice<br>Shredded Cheese<br>Refried Beans<br>Golden Corn<br>Fresh Fruit<br>Chilled Pineapples (PK & YK)<br>Cinnamon Stick<br>Milk  | Shepherd's Pie<br>Glazed Carrots<br>Assorted Fruit<br>Chilled Strawberries (PK & YK)<br>Southern Butter Roll<br>Milk  | Meatsauce & Spaghetti<br>Caesar Salad<br>Fresh Fruit<br>Chilled Applesauce<br>Garlic Roll<br>Milk<br><br>Bananas (PK & YK)   | Fried Catfish<br>Macaroni & Cheese<br>Steamed Broccoli<br>Golden Corn<br>Chilled Pears (PK & YK)<br>French Bread<br>Cake<br>Milk               |
| Hamburger on Bun w/wo Cheese  | Chicken Nuggets & Fries   | General Tso Chicken Smackers & Fries  | Pizza & Fries  | White Grilled Cheese & Fries   |