



Washington Colony Elementary School

March 2020 Breakfast and Lunch Menu

"This institution is an equal opportunity provider"

Non Fat Chocolate and 1% White Milk Offered Daily

Notice to Parents:

Please advise your child that he or she is required to take at least three food items at each meal. One of these must be 1/2 fruit or vegetable

Menu Subject to Change

All Grains Served are Whole Grain Rich (WG)

Tuesday		Wednesday		Thursday		Friday																																																																																																	
2 Chocolate Chip Muffin Yogurt & Fruit Corn Dogs WG Curly Fries Fresh Carrots & Fruit	3 Scrambled Eggs Biscuit WG w/Jam Fruit & Juice Crispy Chicken Sandwich on a Whole Wheat Bun Tator Tots Lettuce & Tomato & Fruit	4 Breakfast Pizza WG Fruit & Juice Chicken Tostada WG Refried Beans Fresh Homemade Salsa Lettuce & Cheese & Fruit	5 Ham & Cheese Breakfast Bar Graham Crackers Fruit & Juice Chili Beans Fritos WG Cucumber Slices Green Salad & Fruit	6 Cold Cereal WG Toast w/Jam & Fruit French Bread Pizza WG Green Salad w/ Spinach Sliced Cucumbers & Fruit																																																																																																			
9 Cinnamon Roll WG String Cheese & Fruit Chicken & Cheese Tamale WG Corn Sliced Cucumbers & Fruit	10 French Toast WG Sausage Patty Fruit & Juice Beef Tostada WG Refried Beans Fresh Salsa Lettuce & Cheese & Fruit	11 Pancake & Sausage Roll-up WG Fruit & Juice Crispy Chicken Drumstick WG Mashed Potatoes & Gravy Roll Green Salad w/Spinach & Fruit	12 Eggs & Cheese Biscuit WG Fruit & Juice Pozole w/ Cabbage, Onions, Cilantro, Tortilla Chips WG & Fruit & Hot Sauce	13 Doughnuts WG Yogurt Fruit & Juice Pepperoni Pizza WG Green Salad w/Spinach Sliced Cucumbers & Fruit																																																																																																			
16 Chocolate Chip Muffin Yogurt & Fruit Chicken Nuggets WG Tator Tots Carrots w/Ranch & Fruit	17 Scrambled Eggs Biscuit WG w/Jam Fruit & Juice Tornado's WG Refried Beans Fresh Salsa & Lettuce & Fruit	18 Breakfast Pizza WG Fruit & Juice Spaghetti WG w/Meat Sauce Bread Stick WG Green Salad w/Spinach Sliced Cucumbers & Fruit	19 Ham & Cheese Breakfast Bar Graham Crackers Fruit & Juice Orange Chicken over Brown Rice Steamed Broccoli & Fruit	20 Cold Cereal WG Toast w/Jam & Fruit Bread Sticks WG w/Marinara Dipping Sauce Green Salad w/ Spinach & Fruit																																																																																																			
23 Cinnamon Roll WG String Cheese & Fruit Corn Dogs WG Curly Fries Fresh Carrots & Fruit	24 French Toast WG Sausage Patty Fruit & Juice Crispy Chicken Sandwich on a Whole Wheat Bun Tator Tots Lettuce & Tomato & Fruit	25 Pancake & Sausage Roll-up WG Fruit & Juice Chicken Tostada WG Refried Beans Fresh Homemade Salsa Lettuce & Cheese & Fruit	26 Eggs & Cheese Biscuit WG Fruit & Juice Chili Beans Fritos WG Cucumber Slices Green Salad & Fruit	27 Doughnuts WG Yogurt Fruit & Juice French Bread Pizza WG Green Salad w/ Spinach Sliced Cucumbers & Fruit																																																																																																			
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FRESH FRUITS AND VEGETABLES OFFERED DAILY