

March BREAKFAST MENU: Don Bosco

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	2		
						Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)		
						Banana * (1 c)	Orange Slices * (1 c)		
						Granola Topping (1/4 c)			
						Milk (8oz)	Milk (8oz)		
	5	6	7	8	9				
	Pancake (2 oz)	Scrambled Egg (1 lg)	French Toast (1 slice)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)				
	Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Turkey Sausage (1 oz)	Fresh Strawberries * (1 c)	Orange Slices * (1 c)				
	Fresh Cantaloupe * (1 c)	Whole Grain Bagel (2 oz)	Sliced Peaches (1 c)	Granola Topping (1/4 c)					
		Apple Slices (1 c)							
	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)				
	12	13	14	15	16				
	NO SCHOOL	Pancake (2 oz)	French Toast (1 slice)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)				
		Turkey Sausage (1 oz)	Egg (1 oz)	Banana * (1 c)	Orange Slices * (1 c)				
		Fresh Cantaloupe * (1 c)	Diced Pears (1 c)	Granola Topping (1/4 c)					
		Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)				
	19	20	21	22	23				
	Pancake (2 oz)	French Toast (1 slice)	Scrambled Egg (1 lg)	Vanilla Yogurt (4 oz)	Whole Grain Muffin (2.25 oz)				
	Turkey Sausage (1 oz)	Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	Sliced Peaches (1 c)	Orange Slices * (1 c)				
	Diced Pears (1 c)	Fresh Honeydew Melon * (1 c)	Whole Grain Bagel (2 oz)	Granola Topping (1/4 c)					
			Apple Slices (1 c)						
	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)				
	26	27	28	29	30				
	Pancake (2 oz)	French Toast (1 slice)	Scrambled Egg (1 lg)	NO CLASSES	NO CLASSES				
	Turkey Sausage (1 oz)	Turkey Sausage (1 oz)	Hash Brown Potatoes (1/2 c)	HOLY THURSDAY	GOOD FRIDAY				
	Guava & Pineapple (1 c)	Fresh Cantaloupe * (1 c)	Whole Grain Bagel (2 oz)						
			Applesauce (1 c)						
	Milk (8oz)	Milk (8oz)	Milk (8oz)						

Portion Control: Daily meals served are at least 1/4 cup serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain

Milk Variety: 8 fluid oz Unflavored low-fat(1%) or Flavored fat-free (skim) fluid milk is offered to each child every day.

Local Distributors : Prize of the Harvest, 84 Skeeter Point Lane, Faison, NC 28341 252-492-7301; Sysco of Baltimore, Taylor Farm, PA(Actual Address to come)Davids Farm, DC; DOD Produce, DC

All Fruit Juices are 100% Juice

Harrisburg Dairy, PA

March LUNCH MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	
			Chili Mac (1 c) with Ground Turkey (2 oz) Whole Grain Penne Pasta (1 c) Tomato Sauce (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Milk (8 oz)	Fish Sandwich Potato Wedges Cinnamon Apple Slices Whole Grain Burger Roll Milk
5	6	7	8	NO LUNCH EARLY DEPARTURE
Macaroni & Cheese(2 oz) (1 c) Whole Grain Penne Pasta (1 c) Green Beans (1 c) Pineapple Chunks (1 c) Milk (8oz)	Baked Chicken (2 oz) Mashed Sweet Potatoes (1/2 c) Green Peas (1/2 c) Fresh Watermelon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Chicken Patty Sandwich (2 oz) Curried Chick Peas (1 c) Fresh Honeydew melon * (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Pancakes (3 oz) Scrambled Egg (1 oz) Turkey sausage (1 oz) Fresh Cantaloupe * (1 c) Milk (8 oz)	
12	13	14	15	
SCHOOL CLOSED	Fajita Chicken (2 oz) Brown Rice (yellowrecipe) (1 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Corn (1/2 c) Mandarin Orange Slices (1 c) Milk (8 oz)	All Beef Hot Dog (2 oz) Baked Beans (Veggie) (1 c) Fresh Watermelon * (1 c) Whole Grain Hot Dog Roll (2 oz) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Fresh Honeydew melon * (1 c) Milk (8 oz)	Whole Grain Spag (2 oz) w/ Baby Shrimp Diced Tomato Scampi Sauce Broccoli Fresh Cantaloupe * Milk
19	20	21	22	
Sloppy Joe (1 c) with Ground Turkey (2 oz) Tomato Joe Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Whole Grain Burger Roll (2 oz) Milk (8oz)	Taco w/Ground Turkey (2 oz) Dice Tom & Tomato Sauce (1/2 c) Mexican Brown Rice (1 c) Black Bean & Corn Salsa (1/2 c) Pineapple Chunks (1 c) Whole Grain Flour Tortilla (1 oz) Milk (8 oz)	Lemon Curry Chicken (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Curried Chick Peas (3/4 c) Fresh Watermelon * (1 c) Milk (8 oz)	Baked Chicken (2 oz) Roasted Potatoes (1/2 c) Sliced Carrots (1/2 c) Fresh Honeydew melon * (1 c) Whole Grain Wheat Bread (2 sl) Milk (8 oz)	Tuna Salad Sandwich Potato Wedges Baked Apple Slices Whole Grain Wheat Bread Milk
26	27	28	29	
Whole Grain Spag (2 oz) (1 c) w/ Turkey Meatballs (2 oz) Tomato Sauce (1/2 c) Green Beans (1/2 c) Fresh Cantaloupe * (1 c) Milk (8oz)	Hamburger (2 oz) Potato Wedges (1 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz) Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Wedge (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (2 oz) Fresh Honeydew melon * (1 c) Milk (8 oz)	SCHOOL CLOSED HOLY THURSDAY	SCHOOL CLOSED GOOD FRIDAY

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All Fruit Juices are 100% Juice

Harrisberg Dairy, PA

Bowie Produce, Landover MD

2

(2 oz)
(1 c)
(1 c)
(2 oz)

(8 oz)

9

16

(1 c)
(2 oz)
(1/2 c)
(1/2 c)
(1/2 c)
(1 c)
(8oz)

23

(2 oz)
(1 c)
(1 c)
(2 slice)

(8oz)

30
