

# March BREAKFAST MENU: Don Bosco

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Whole Grain Muffin (2.25 oz)
				Orange * (1 c)
				Milk (8oz)
4	5	6	7	8
Pancake (2 oz) Turkey Sausage (1 oz) Guava & Pineapple (1 c)	French Toast (2 oz) Turkey Sausage (1 oz) Cinnamon Apple Slices (1 c)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Fresh Cantaloupe * (1 c)	Vanilla Yogurt  Banana * (1 c) Granola Topping (1/4 c)	Whole Grain Muffin (2.25 oz) Orange * (1 c)
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
11	12	13	14	15
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Cinnamon Apple Slices (1 c)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)	Vanilla Yogurt  Banana * (1 c) Granola Topping (1/4 c)	Whole Grain Muffin (2.25 oz) Orange * (1 c)
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
18	19	20	21	22
Pancake (2 oz) Turkey Sausage (1 oz) Fresh Honeydew Melon * (1 c)	Scrambled Egg (1 lg) Hash Brown Potatoes (4 oz) Whole Wheat Bagel (2oz) Guava & Pineapple (1 c)	French Toast (2 oz) Turkey Sausage (1 oz) Fresh Cantaloupe * (1 c)	Scrambled Egg & Cheese on (1 lg) Grilled Wheat (1 oz) (2 Slice) Banana * (1 c)	Whole Grain Muffin (2.25 oz) Orange * (1 c)
Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)	Milk (8oz)
25	26	27	28	29
<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>

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
				<b>1</b>  <b>NO LUNCH</b>  <b>EARLY DISMISSAL</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
All Beef Hot Dog (2 oz) Potato Wedges (1 c) Fresh Water Melon * (1 c) Whole Grain Hot Dog Roll (2 oz)  Milk (8 oz)	Grilled Chicken Salad (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato Slice (1/4 c) Whole Grain Croutons (1 c) Caesar Dressing (1.5 oz) Fresh Cantaloupe * (1 c) Milk (8oz)	Baked Fish Patty (2 oz) Dirty Brown Rice (1 c) Green Beans (1 c) Whole Grain Sub Roll (2 oz) Banana * (1 c) Milk (8 oz)	Red Curry Chicken (2 oz) Curried Tomato Sauce (1/2 c) Brown Rice (yellowrecipe) (1 c) Curried Kidney Beans (1/2 c) Mandarin Orange Slices (1 c) Milk (6 oz)	Grilled Cheese Sandwich (2 oz) Tomato Soup (1 c) Guava & Pineapple (1 c)  Whole Grain Wheat Bread (2 slice) Milk (8 oz)
<b>11</b>	<b>12</b>	<b>13</b>	<u>Breakfast for Lunch</u> <b>14</b>	<b>15</b>
Chicken Patty Sandwich (2 oz) Baked Beans (Veggie) (1 c) Cinnamon Apple Slices (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)	Macaroni & Cheese(2 oz) (1 c) Elbow Macaroni (1 c) Green Beans (1 c) Fresh Honeydew melon * (1 c)  Milk (8oz)	Pizza Sub w/ pizza sauce (1/2 c) Mozzarella Cheese (2 oz) Whole Wheat Sub Roll 6" (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) with Italian Dressing (1/4 c) Fresh Water Melon * (1 c) Milk (8oz)	Scrambled Egg (1 oz) Turkey Sausage (1 oz) Pancake (1/2 c) Hash Brown Potatoes w/ (1/2 c) Green Pepper & Onion (1/4c ea) Diced Tomato (1/4 c) Mandarin Orange Slices (1 c) Milk (8 oz)	Tuna Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) Caesar Dressing (1.5 oz) Fresh Water Melon * (1 c) Whole Grain Wheat Bread (2 slice) Milk (8oz)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Hamburger (2 oz) Baked Beans (Veggie) (1 c) Guava & Pineapple (1 c) Whole Grain Burger Roll (2 oz)  Milk (8 oz)	Teri-Yaki Meatballs (2 oz) Fried Brown Rice (1 c) Onion (1/4 c) Endamame Beans (1/2 c) Sliced Carrots (1/4 c) Green Peas (1/4 c) Fresh Cantaloupe * (1 c) Milk (8 oz)	Chicken Salad Sandwich (2 oz) Salad : Romaine&MesclunMix (1.5 c) Tomato & Cucumber (1/4 c) Caesar Dressing (1/4 c) Whole Grain Wheat Bread (2 slice) Cinnamon Apple Slices (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 slice) Milk (8oz)	Grilled Cheese Sandwich (2 oz) Vegetable Soup (1 c) Fresh Water Melon * (1 c)  Whole Grain Wheat Bread (2 slice) Milk (8 oz)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>	<b>SCHOOL CLOSED</b>  <b>SPRING BREAK</b>

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All Fruit Juices are 100% Juice  
Harrisberg Dairy, PA  
Bowie Produce, Landover MD