

FLLC MENU

March 13-17, 2017

** Please note: Alternatives are always provided for students with food allergies.
Also, I have added more specifics to some of the menu items.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal	Multigrain Waffle w/Banana & Strawberries	Breakfast Casserole w/Egg, Potato, & Cheese	Whole Grain Bagel w/Cream Cheese	Cereal
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Lunch	Lunch	Lunch	Lunch	Lunch
PB & J Sandwich on Whole Grain Bread	All Beef Hot Dog on Whole Grain Bun	Chicken & Veggie Stir Fry	Tomato Soup w/Crackers	Green Pasta w/Alfredo Sauce
Carrots	Cucumbers	Veggies from Stir Fry	Broccoli	Peas
Apples	Oranges	Grapes	Banana	Green Apples
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Whole Grain Goldfish Crackers	Veggie Chips	Graham Crackers	Pretzels	Broccoli & Cucumbers
Grapes	Blueberries	Banana	Oranges	Green Yogurt Dip
Water	Water	Water	Water	Water