

FLLC MENU

March 27-31, 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	English Muffin w/Honey & Banana	Scrambled Eggs w/Cheese	Whole Grain Banana Pancakes	Cereal
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Lunch	Lunch	Lunch	Lunch	Lunch
Baked White Fish w/ Brown Rice	Chicken & Rice Casserole	Whole Grain Macaroni w/Marinara	Cheeseburger on a Whole Grain Bun	Turkey Bacon & Pea Salad
Cucumbers	Peas	Tomatoes	Sweet Potatoes	Peas
Oranges	Apples	Broccoli	Green Beans	Grapes
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Veggie Chips	Greek Yogurt	Whole Grain Bagel w/Cream Cheese	Wheat Thins	Whole Grain Goldfish Crackers
Grapes	Strawberries	Oranges	Apples	Broccoli
Water	Water	Water	Water	Water