

FLLC MENU

March 6-10, 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	Avacado Toast on Wheat Bread	Whole Grain Pancake w/Syrup	Oatmeal & Banana	Cereal
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Lunch	Lunch	Lunch	Lunch	Lunch
Grilled Cheese Sandwich on Wheat Bread	Turkey & Cheese Rollup	Quinoa "Mac n Cheese"	Black Beans & Sauteed Veggies	Chicken & Cheese Quesadilla
Peas	Cucumbers	Broccoli	Tortilla Chips	Peppers
Banana	Apples	Grapes	Oranges	Strawberries
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Carrots	Trail Mix	Wheat Thins	Animal Crackers	Whole Grain Goldfish Crackers
Hummus	Apples	String Cheese	Grapes	Broccoli
Water	Water	Water	Water	Water