

MARCH 2018

EAST BERNSTADT INDEPENDENT SCHOOL

<u>Elementary & Middle</u>	<u>Adults</u>
Breakfast \$ 0.00	\$ 2.50
Lunch \$ 0.00	\$ 3.50

Monday
Tuesday
Wednesday
Thursday
Friday

5
 Chicken Nuggets,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

6
 Corn dog,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

7
 Hamburger or Cheeseburger,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

1
 Cheese or Pepp. Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

2
 Chicken Fajita Wrap, Sandwich,
 Chef Salad,
 Steamed Broccoli or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Asian Rice
 Var. of Milk

12
 Chicken Strips,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

13
 Hot Dog & Chili,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

14
 Chicken Patty,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

8
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

9
 Meatloaf,
 Sandwich, Chef Salad,
 Green Beans or Mashed Pot.,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

15
 Cheese or Pepp. Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

16
 Chili/Chips/Cheese,
 Sandwich, Taco Salad,
 Refried Beans or Fresh Broccoli,
 Fruit cup, Fresh
 Fruit, 100% Fruit Juice
 Baked Scoops & Mex. Rice
 Var. of Milk

19
 Cheezy Bread w/Marinara Sauce,
 Pepperoni Calzone, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

20
 Spaghetti w/Meat Sauce,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Toast & Cookie
 Var. of Milk

21
 Grilled Cheese,
 BBQ Sandwich, Chef Salad,
 Baked Beans or Soup,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun & Crackers
 Var. of Milk

22
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

23
 Chicken Fajita Wrap, Sandwich,
 Chef Salad,
 Steamed Broccoli or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Asian Rice
 Var. of Milk

26
 Chicken Nuggets,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

27
 Corn dog,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

28
 Hamburger or Cheeseburger,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

29
 Cheese or Pepp. Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

30
 Meatloaf,
 Sandwich, Chef Salad,
 Green Beans or Mashed Pot.,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.

This menu is subject to change based on available food items.

