



Daily Choices Include:

1% White Milk or Non Fat Milk
Main Entrée, Pizza, Yogurt Parfait,
or PB&J Uncrustable Sandwich



Nutrition Tip: Only one in 10 American kids gets enough vitamin D, and about six out of 10 kids get the recommended amount of calcium.

Monday



Tuesday

Wednesday

Thursday

Friday

BEEFY MACARONI 1
Macarrón con Carne
Bread Roll
Hot Corn
Celery Sticks
Fruit

CHICKEN FAJITA 2
Fajita de Pollo
Refried Beans
Jicama Sticks
Fruit

GRILLED CHEESE SANDWICH 3
Sandwich de Queso
Garden Salad
Baby Carrots
Fruit

CHICKEN NUGGETS 4
Trocitos de Pollo
Bread Roll
Sliced Carrots
Celery Sticks
Fruit

CHICKEN SANDWICH 7
Sandwich de Pollo
Sliced Carrots
Celery Sticks
Fruit

SPAGHETTI w/ Meat Sauce 8
Espagueti con Salsa Carne
Bread Roll
Salad
Baby Carrots
Fruit

CHEESY NACHOS 9
Nachos con Queso
Tortilla Chips
Refried Beans
Celery Sticks
Fruit

BEEF TERIYAKI 10
Res con Salsa Teriyaki
Rice
Broccoli
Jicama Sticks
Fruit

HAMBURGER 11
Hamburguesa
Baked Fries
Baby Carrots
Fruit

CORN DOG 14
Baked Beans
Baby Carrots
Fruit

BEAN & CHEESE BURRITO 15
Burrito de frijoles con queso
Garden Salad
Jicama Sticks
Fruit

BRUNCH FOR LUNCH 16
Desayuno Para Almuerzo
Pancake on a Stick
Hash Brown
Baby Carrots
Fruit and Juice

CHICKEN NUGGETS 17
Trocitos de Pollo
Bread Roll
Sliced Carrots
Celery Sticks
Fruit, Holiday Cookie

BUSD GRINDER 18
Sandwich Grinder
Sweet Potato Fries
Celery Sticks
Fruit

CHICKEN TERIYAKI 21
Pollo con Salsa Teriyaki
Rice
Sliced Carrots
Celery Sticks
Fruit

HAMBURGER 22
Hamburguesa
Baked Sweet Potato Fries
Baby Carrots
Fruit

BEEF SOFT TACO 23
Taco suave de res
Pinto Beans
Celery Sticks
Fruit

CHEESE QUESADILLA 24
Quesadilla con ensalada
Garden Salad
Jicama Sticks
Fruit
Holiday Cookie

Spring Break Begins 25

28

29

30

31

~~~~~ Spring Break ~~~~~

