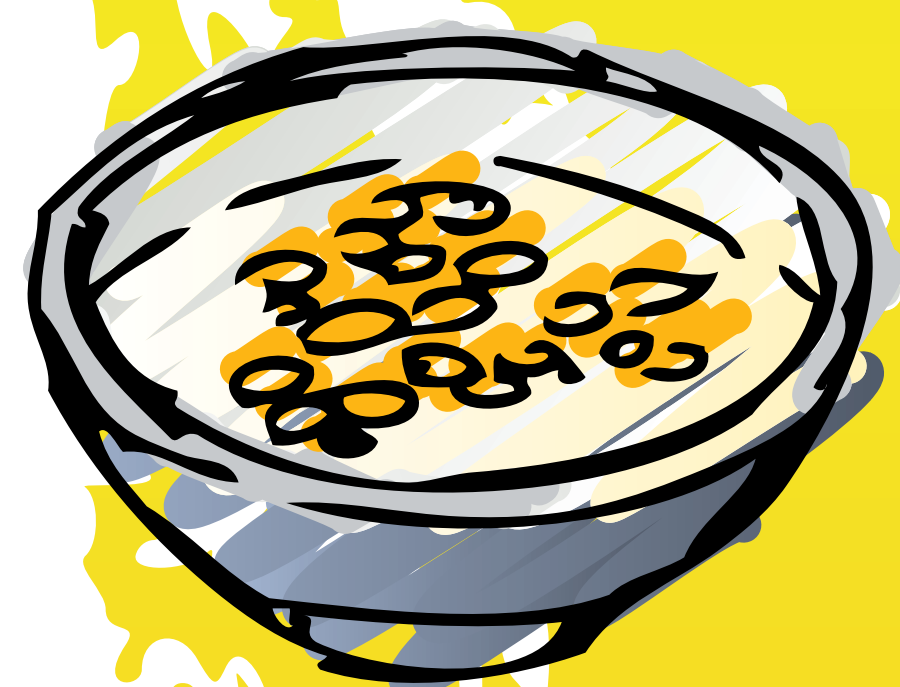


# MARCH



GOOD NUTRITION  
STARTS WITH A  
GOOD BREAKFAST!



NATIONAL  
NUTRITION  
MONTH



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <p>THIS INSTITUTION<br/>IS AN EQUAL<br/>OPPORTUNITY<br/>PROVIDER.<br/>MENU SUBJECT<br/>TO CHANGE.</p>             | <p><b>1</b></p> <p>Breakfast Burrito<br/>or Cereal</p> <p>Chicken Patty Sandwich<br/>OR<br/>PB &amp; J</p> <p>Sweet Potato Fries</p>         | <p><b>2</b></p> <p>Breakfast Pizza<br/>or Cereal</p> <p>Sweet &amp; Sour Chicken<br/>over Rice<br/>OR<br/>Greek salad</p> <p>Steamed Veggies</p>     | <p><b>3</b></p> <p>French Toast Sticks<br/>or Cereal</p> <p>Cheese Bites with<br/>Marinara Sauce<br/>OR<br/>Chicken Wrap</p>                            | <p><b>4</b></p> <p>NO<br/>SCHOOL</p>   |
| <p><b>7</b></p> <p>Pancakes or Cereal</p> <p>Tamale<br/>OR<br/>Taco Stick</p> <p>Salsa Rice</p>                   | <p><b>8</b></p> <p>Peanut Butter &amp; Crackers<br/>or Cereal</p> <p>Rib-B-Q<br/>OR<br/>Chicken Salad Sandwich</p> <p>Fries<br/>Sidekick</p> | <p><b>9</b></p> <p>Parfait or Cereal</p> <p>Spaghetti &amp; Meatballs<br/>OR<br/>Caesar Salad</p> <p>Breadstick</p>                                  | <p><b>10</b></p> <p>Pancake Sausage Bites<br/>or Cereal</p> <p>Chicken Drumstick<br/>with Mac &amp; Cheese<br/>OR<br/>Anytimers</p>                     | <p><b>11</b></p> <p>Sweet Bread or Cereal</p> <p>Pizza Rippers<br/>OR<br/>Chicken Wrap</p> |
| <p><b>14</b></p> <p>French Toast<br/>or Cereal</p> <p>Nachos<br/>OR<br/>Quesadilla</p> <p>Rice and Beans</p>      | <p><b>15</b></p> <p>Biscuit Sandwich<br/>or Cereal</p> <p>Meatball Sandwich<br/>OR<br/>Harvest Salad</p> <p>Pudding</p>                      | <p><b>16</b></p> <p>Donuts or Cereal</p> <p>Chili Fritos<br/>OR<br/>Anytimer</p>   | <p><b>17</b></p> <p>Cinnamon Roll<br/>or Cereal</p> <p>Orange Chicken<br/>over Rice<br/>OR<br/>PB &amp; J</p> <p>Steamed Veggies</p>                    | <p><b>18</b></p> <p>UBR or Cereal</p> <p>Cheese Pizza<br/>OR<br/>Turkey Club</p>           |
| <p><b>21</b></p> <p>Waffles or Cereal</p> <p>Bean &amp; Cheese Burrito<br/>OR<br/>Crispitos</p> <p>Salsa Rice</p> | <p><b>22</b></p> <p>Breakfast Burrito<br/>or Cereal</p> <p>Hamburger<br/>OR<br/>BBQ Chicken Salad</p> <p>Fries<br/>Cookie</p>                | <p><b>23</b></p> <p>Breakfast Pizza<br/>or Cereal</p> <p>Breakfast Pizza<br/>OR<br/>Breakfast Sandwich</p> <p>Yogurt Cup</p>                         | <p><b>24</b></p> <p>French Toast Sticks<br/>or Cereal</p> <p>Teriyaki Chicken<br/>over Rice<br/>OR<br/>PB &amp; J</p>                                   | <p><b>25</b></p> <p>Muffin or Cereal</p> <p>Corn Dog<br/>OR<br/>Egg Salad Sandwich</p>     |
| <p><b>28</b></p> <p>Pancakes or Cereal</p> <p>Chicken Nuggets<br/>OR<br/>Chef Salad</p> <p>Roll</p>               | <p><b>29</b></p> <p>Peanut Butter &amp; Crackers<br/>or Cereal</p> <p>Chicken Patty Sandwich<br/>OR<br/>PB &amp; J</p> <p>Fries</p>          | <p><b>30</b></p> <p>Parfait<br/>or Cereal</p> <p>Country Fried Steak with<br/>Mashed Potatoes &amp; Gravy<br/>OR<br/>Anytimer</p> <p>Green Beans</p> | <p><b>31</b></p> <p>Pancake Sausage Bites<br/>or Cereal</p> <p>Sweet &amp; Sour Chicken<br/>over Rice<br/>OR<br/>Greek Salad</p> <p>Steamed Veggies</p> |  |

ENTHEOS ACADEMY BREAKFAST & LUNCH MENU