



SCHOOL DISTRICT OF PHILADELPHIA

Monday	Tuesday	Wednesday	Thursday	Friday
March 2, 2020	March 3, 2020	March 4, 2020	March 5, 2020	March 6, 2020
CHICKEN BISCUIT ^ Honey STRAWBERRY BANANA YOGURT Granola ^ Diced Peaches Orange Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ LEMON LOAF ^ Applesauce Cup Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup CINNAMON FLAKES ^ Strawberry Pancake Square ^ Fresh Orange Apple Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ APPLE DELIGHT CRUMBLE Diced Pears Grape Juice 1% White Milk Fat Free Chocolate Milk	*NEW ITEM* PILLSBURY GRAPE CRESCENT ^ STRING CHEESE Cherry Breakfast Bar ^ Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
March 9, 2020	March 10, 2020	March 11, 2020	March 12, 2020	March 13, 2020
BANANA OATMEAL ^ CHEERIOS ^ Vanilla Waffle Square ^ Diced Pears Orange Juice 1% White Milk Fat Free Chocolate Milk	BREAKFAST BURRITO ^ Taco Sauce VANILLA YOGURT Granola ^ Diced Peaches Apple Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE BAGEL ^ STRING CHEESE Cherry Breakfast Bar ^ Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	WAFFLES ^ Syrup CHOCOLATE CHIP LOAF ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk	MINI CINNIS RICE KRISPIES ^ Oats & Honey Goldfish Fresh Orange Grape Juice 1% White Milk Fat Free Chocolate Milk
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
EGG & CHEESE ON AN ENGLISH MUFFIN APPLE DELIGHT CRUMBLE Mixed Fruit Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	PILLSBURY GRAPE CRESCENT ^ STRING CHEESE Apple Breakfast Bar ^ Diced Pears Grape Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ LEMON LOAF ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk	BREAKFAST QUESADILLA ^ Taco Sauce RASPBERRY YOGURT Granola ^ Fresh Orange Grape Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup CORN CHEX ^ Strawberry Pancake Square ^ Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
March 23, 2020	March 24, 2020	March 25, 2020	March 26, 2020	March 27, 2020
COLBY CHEESE OMELET Whole Wheat Bread STRING CHEESE Apple Breakfast Bar ^ Diced Peaches Orange Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup MULTI GRAIN CHEERIOS^ Oats & Honey Goldfish Applesauce Cup Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	CHICKEN BISCUIT ^ Honey STRAWBERRY YOGURT Granola ^ Diced Peaches Grape Juice 1% White Milk Fat Free Chocolate Milk	BANANA OATMEAL ^ CINNAMON FLAKES ^ Animal Grahams ^ Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	WAFFLES ^ Syrup CHOCOLATE CHIP LOAF ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk
March 30, 2020	March 31, 2020	April 1, 2020	April 2, 2020	April 3, 2020
PANCAKES ^ Syrup RICE KRISPIES ^ Strawberry Pancake Square ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE ON A BISCUIT ^ Assorted Jelly LEMON LOAF ^ Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com

Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-02-2020	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:1sv WG
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	STRAWBERRY BANANA YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-03-2020	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	224	14	1	2	9	0	0	12	2	MMA:1oz G/B:1sv WG
	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-04-2020	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CINNAMON FLAKES ^	100	0	0	0	0	170	24	3	6	2	225	22	0	8	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-05-2020	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-06-2020	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PILLSBURY GRAPE CRESCENT ^	210	6	1	0	0	260	35	2	9	5	0	0	20	1	G/B:2sv WG
	STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-09-2020	BANANA OATMEAL ^	202	2	0	0	1	24	42	4	20	5	6	2	59	1	G/B:1sv WG
	CHEERIOS ^	100	2	0	0	0	140	20	3	1	3	10	6	10	8	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-10-2020	BREAKFAST BURRITO ^	183	8	3	0	72	370	22	2	3	9	24	0	88	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-11-2020	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-12-2020	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CHOCOLATE CHIP LOAF ^	307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-13-2020	MINI CINNIS	240	7	2	0	0	270	39	2	15	5	0	0	40	1	G/B:2sv WG
	RICE KRISPIES ^	110	0	0	0	0	160	23	0	0	2	0	6	0	8	G/B:1sv WG
	Oats & Honey Goldfish	120	4	1	0	0	110	19	1	5	1	0	0	200	4	G/B:1sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-16-2020	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-17-2020	PILLSBURY GRAPE CRESCENT ^	210	6	1	0	0	260	35	2	9	5	0	0	20	1	G/B:2sv WG
	STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Apple Breakfast Bar ^	170	6	1	0	0	55	26	2	9	3	0	0	20	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-18-2020	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	224	14	1	2	9	0	0	12	2	MMA:1oz G/B:1sv WG
	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-19-2020	BREAKFAST QUESADILLA ^	220	12	6	0	28	265	21	2	1	9	0	0	213	1	MMA:1oz G/B:1.5sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-20-2020	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-23-2020	COLBY CHEESE OMELET	125	10	4	0	164	303	2	0	0	7	67	0	88	1	MMA:2oz
	Whole Wheat Bread	60	1	0	0	0	65	11	2	0	2	0	0	60	1	G/B:1sv WG
	STRING CHEESE	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Apple Breakfast Bar ^	170	6	1	0	0	55	26	2	9	3	0	0	20	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-24-2020	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MULTI GRAIN CHEERIOS^	100	1	0	0	0	115	23	2	6	2	100	5	8	7	G/B:1sv WG
	Oats & Honey Goldfish	120	4	1	0	0	110	19	1	5	1	0	0	200	4	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-25-2020	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:1sv WG
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-26-2020	BANANA OATMEAL ^	202	2	0	0	1	24	42	4	20	5	6	2	59	1	G/B:1sv WG
	CINNAMON FLAKES ^	100	0	0	0	0	170	24	3	6	2	225	22	0	8	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	11	1	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	03-27-2020	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1
Syrup		80	0	0	0	0	10	20	0	10	0	0	0	0	0	
CHOCOLATE CHIP LOAF ^		307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2.25sv WG
Fresh Banana		105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
Apple Juice		60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
1% White Milk		109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Fat Free Chocolate Milk		120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-30-2020	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	RICE KRISPIES ^	110	0	0	0	0	160	23	0	0	2	0	6	0	8	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
03-31-2020	BEEF SAUSAGE ON A BISCUIT ^	247	11	3	0	21	344	28	2	5	12	0	0	65	2	MMA:1oz G/B:1sv WG
	Assorted Jelly	35	0	0	0	0	0	9	0	6	0	0	0	0	0	
	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
 BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-02-2020	CHICKEN BISCUIT ^	X						X	X
	Honey								
	STRAWBERRY BANANA YOGURT	X							
	Granola ^								
	Diced Peaches								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-03-2020	BEEF SAUSAGE SLIDER ^							X	X
	LEMON LOAF ^								X
	Applesauce Cup								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-04-2020	FRENCH TOAST STICKS ^	X	X					X	X
	Syrup								
	CINNAMON FLAKES ^								X
	Strawberry Pancake Square ^		X					X	X
	Fresh Orange								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-05-2020	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	APPLE DELIGHT CRUMBLE	X	X					X	X
	Diced Pears								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-06-2020	*NEW ITEM*								
	PILLSBURY GRAPE CRESCENT ^	X							X
	STRING CHEESE	X							
	Cherry Breakfast Bar ^							X	X
	Sliced Apples								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-09-2020	BANANA OATMEAL ^	X							
	CHEERIOS ^								
	Vanilla Waffle Square ^		X					X	X
	Diced Pears								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-10-2020	BREAKFAST BURRITO ^	X	X					X	X
	Taco Sauce								
	VANILLA YOGURT	X							
	Granola ^								
	Diced Peaches								
	Apple Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								
03-11-2020	EGG & CHEESE BAGEL ^	X	X					X	X
	STRING CHEESE	X							
	Cherry Breakfast Bar ^							X	X
	Sliced Apples								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-12-2020	WAFFLES ^	X	X					X	X
	Syrup								
	CHOCOLATE CHIP LOAF ^	X						X	X
	Fresh Banana								
	Apple Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								
03-13-2020	MINI CINNIS	X							X
	RICE KRISPIES ^								
	Oats & Honey Goldfish							X	X
	Fresh Orange								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-16-2020	EGG & CHEESE ON AN ENGLISH MUFFIN	X	X					X	X
	APPLE DELIGHT CRUMBLE	X	X					X	X
	Mixed Fruit Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-17-2020	PILLSBURY GRAPE CRESCENT ^	X							X
	STRING CHEESE	X							
	Apple Breakfast Bar ^							X	X
	Diced Pears								
	Grape Juice								
	1% White Milk	X							
03-18-2020	Fat Free Chocolate Milk	X							
	BEEF SAUSAGE SLIDER ^							X	X
	LEMON LOAF ^								X
	Fresh Banana								
	Apple Juice								
	1% White Milk	X							
03-19-2020	Fat Free Chocolate Milk	X							
	BREAKFAST QUESADILLA ^	X							X
	Taco Sauce								
	RASPBERRY YOGURT	X							
	Granola ^								
	Fresh Orange								
	Grape Juice								
	1% White Milk	X							
03-20-2020	Fat Free Chocolate Milk	X							
	PANCAKES ^	X	X					X	X
	Syrup								
	CORN CHEX ^								
	Strawberry Pancake Square ^		X					X	X
	Sliced Apples								
	Blended Fruit Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-23-2020	COLBY CHEESE OMELET	X	X					X	
	Whole Wheat Bread							X	X
	STRING CHEESE	X							
	Apple Breakfast Bar ^							X	X
	Diced Peaches								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-24-2020	FRENCH TOAST STICKS ^	X	X					X	X
	Syrup								
	MULTI GRAIN CHEERIOS^								
	Oats & Honey Goldfish							X	X
	Applesauce Cup								
	Blended Fruit Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								
03-25-2020	CHICKEN BISCUIT ^	X						X	X
	Honey								
	STRAWBERRY YOGURT	X							
	Granola ^								
	Diced Pears								
	Grape Juice								
	1% White Milk	X							
Fat Free Chocolate Milk	X								
03-26-2020	BANANA OATMEAL ^	X							
	CINNAMON FLAKES ^								X
	Animal Grahams ^	X	X					X	X
	Sliced Apples								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-27-2020	WAFFLES ^	X	X					X	X
	Syrup								
	CHOCOLATE CHIP LOAF ^	X						X	X
	Fresh Banana								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-30-2020	PANCAKES ^	X	X					X	X
	Syrup								
	RICE KRISPIES ^								
	Strawberry Pancake Square ^		X					X	X
	Applesauce Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
03-31-2020	BEEF SAUSAGE ON A BISCUIT ^	X						X	X
	Assorted Jelly								
	LEMON LOAF ^								X
	Diced Peaches								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							