

# MARCH BREAKFAST



Mark West Union School District

Monday	Tuesday	Wednesday	Thursday	Friday
3 Vanilla Concha Cheerios Cereal French Toast w/ Syrup (V)	4 Sunrise Muffin Froot Loops Cereal <b>NEW! Egg &amp; Cheese Croissant (V)</b>	5 Cinnamon Swirl Cinnamon Chex Cereal Sausage Stuffed Waffles	6 Mantecada Muffin Apple Jacks Cereal Breakfast Burrito (V)	7 Yogurt Parfait w/ Granola Cheerios Cereal Pancakes w/ Syrup (V)
10 Cinnamon Crumble Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	11 Mango Pineapple Smoothie w/ Granola Cheerios Cereal Waffle w/ Syrup (V)	12 <b>Strawberry Loaf ←←← Seasonal</b> Froot Loops Cereal Egg Scramble w/ Potatoes	13 Chocolate Chip Muffin Top Cinnamon Chex Cereal <b>NEW! Blueberry Oatmeal (V)</b>	14 Conchita & String Cheese Apple Jacks Cereal Pancake Sausage Sandwich
17	18	19	20	21
<b>S p r i n g B r e a k - N O S C H O O L</b>				
24 Cinnamon Crumble Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	25 Mango Pineapple Smoothie w/ Granola Cheerios Cereal Waffle w/ Syrup (V)	26 <b>Strawberry Loaf ←←← Seasonal</b> Froot Loops Cereal Egg Scramble w/ Potatoes	27 Chocolate Chip Muffin Top Cinnamon Chex Cereal <b>NEW! Blueberry Oatmeal (V)</b>	28 Conchita & String Cheese Apple Jacks Cereal Pancake Sausage Sandwich
31 Vanilla Concha Cheerios Cereal French Toast w/ Syrup (V)	1 Blueberry Muffin Froot Loops Cereal <b>NEW! Egg &amp; Cheese Croissant (V)</b>	2 Cinnamon Swirl Cinnamon Chex Cereal Sausage Stuffed Waffles	3 Mantecada Muffin Apple Jacks Cereal Breakfast Burrito (V)	4 Yogurt Parfait w/ Granola Cheerios Cereal Pancakes w/ Syrup (V)
<b>Breakfast Includes:</b>	<b>Featured Fruit:</b>		<b>RevUp Rewards:</b>	
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich	<b>Monday:</b> Apple or Orange <b>Tuesday:</b> Juice, Apple or Pear <b>Wednesday:</b> Apple Slices or Apple <b>Thursday:</b> Banana or Orange <b>Friday:</b> Applesauce or Apple		Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	



# march LUNCH



Mark West Union School District

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger Turkey & Cheese Torta Side of Fries	4 <b>Pineapple Teriyaki Chicken w/Rice</b> ←←← <b>Seasonal</b> Pasta w/ Meat Sauce Italian Trio Sandwich Cheese Pizza Kit (V)	5 Orange Chicken w/ Rice & Broccoli Breakfast for Lunch Sandwich Chicken Salad & Cheese Cracker Kit	6 Beef Taco Stick & Fava Bean Queso Blanco Chicken Bowl Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	7 Pepperoni Pizza Cheese Pizza (V) Soy Butter Sandwich (V)
10 Hot Dog & Fries Turkey & Cheese Pretzel Sandwich	11 <b>Inside Out Chicken Pot Pie</b> ←←← <b>Seasonal</b> Teriyaki Chicken w/ Noodles Turkey & Cheese Sub "P"B & J Sandwich Kit (V)	12 Spicy Sweet Chili Meatballs w/ Rice RFC Bowl Chicken Caesar Salad w/ Croutons Hummus, Flatbread & Egg Kit (V)	13 Turkey Nachos w/ Refried Beans Chicken Tamale w/ Beans Turkey & Cheese Cracker Kit Veggie Chef Salad w/ Egg (V)	14 Beef, Bean & Cheese Burrito Cheese Pizza Chicken Pasta Salad w/ Pretzels (NEW) Egg & Cheese Empanada
17 <b>S p r i n g B r e a k - N O S C H O O L</b>				
24 Cheeseburger Turkey & Cheese Torta Side of Fries	25 <b>Pineapple Teriyaki Chicken w/Rice</b> ←←← <b>Seasonal</b> Pasta w/ Meat Sauce Italian Trio Sandwich "P"B & J Sandwich Kit (V)	26 Orange Chicken w/ Rice & Broccoli Breakfast for Lunch Sandwich Chicken Caesar Salad w/ Croutons Hummus, Flatbread & Egg Kit (V)	27 Turkey Nachos w/ Refried Beans Chicken Tamale w/ Beans Turkey & Cheese Cracker Kit Veggie Chef Salad w/ Egg (V)	28 Pepperoni Pizza Grilled Cheese (V) Cheese Pizza Kit (V)
31 Hot Dog & Fries Turkey & Cheese Pretzel Sandwich	1 <b>Inside Out Chicken Pot Pie</b> ←←← <b>Seasonal</b> Beef Birria Tacos Turkey & Cheese Sub Cheese Pizza Kit (V)	2 Spicy Sweet Chili Meatballs w/ Rice RFC Bowl Chicken Salad & Cheese Cracker Kit "P"B & J Sandwich Kit (V)	3 Beef Taco Stick & Fava Bean Queso Blanco Chicken Bowl Southwest Chicken Salad w/ Roll Turkey & Cheese Cracker Kit	4 Pepperoni Pizza Cheese Pizza (V) Soy Butter Sandwich (V) Chicken Pasta Salad w/ Pretzels (NEW)
<b>Lunch Includes:</b>	<b>Veg of the Day:</b>	<b>Featured Fruit:</b>	<b>RevUp Rewards:</b>	
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *All grains are wholegrain rich	<b>Monday:</b> French Fries <b>Tuesday:</b> Carrots <b>Wednesday:</b> Crunchy Beans <b>Thursday:</b> Cucumber / Celery <b>Friday:</b> Side Salad w/ Dressing	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice <b>Seasonal: Tangerine &amp; Mandarin</b>	Scan Our QR Code Daily Rate the Meal You Ate <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a>	

