



# March 10 Balance Breakfast\*\* and Lunch Options



\*\*Breakfast is served only in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancake Wrapped Sausage w Syrup Tropical Fruit	2 Canadian Bacon & Cheese on Biscuit or Bagel, Mixed Fruit	3 Egg Patty on Eng. Muffin or Biscuit, Grits, Mandarin Oranges	4 Sausage Patty, Cheese Grits, Toast w Jelly, Applesauce	5 Beignets/Donuts, Buttered Grits, Peach Cup
Meatsauce w Rotini OR Veal/Chx Parmesan	Chicken Teriyaki Fried Rice	Turkey Stew w Rice Green Salad	Pork Taco or Gordita OR Chili Mac Mexican Rice (HS)	Catfish or Fish Strips Macaroni & Cheese
Italian Green Beans Orange Wedges Garlic Roll	Stir-fry Veggies Pineapple Egg Roll Fortune Cookie	Buttered Carrots French Bread Chocolate Cream Pie	Lett/Tom cup or Peach Cup Seasoned Corn Cinnamon Stick	Tossed Salad or White Beans Applesauce Wheat Roll
Chicken Strips	Hamburger	Meatball PB OR Hotdog/Corndog	Breakfast Sandwich or Grilled Cheese	Pizza OR Hummus w Pita or Chips
8 French Toast Sticks w syrup, Sausage Links, Applesauce	9 Breakfast Burrito, Cheese Grits Potato Rounds	10 Purchased Muffin, Buttered Grits, Pineapple	11 Yogurt, Granola or Graham Cracker Strawberries, Toast w Jelly	12 Beignets or Donuts, Oatmeal Tropical Fruit
Pork Chop Roasted Potatoes Cauliflower w Cheese Seeded Roll Brownie	Chicken Saucepicante OR Lasagna Steamed Broccoli Strawberries and Bananas Garlic Roll	Fried or BBQ Chicken Mashed Potato w Gravy Corn on the Cob Heavenly Biscuit Peach Crisp	White Beans w Sausage OR Turkey & Sausage Jambalaya Italian Salad or Cole Slaw Mixed Fruit Cornbread or Corn Roll	Seafood Gumbo w Cheese Stick Potato Salad or Garden Salad Applesauce French Bread Yellow Banana Cake
Chicken Nuggets or BBQ Pork	Meatball PB or Grilled Cheese	Hamburger OR Two-fer	Chicken Patty (Grilled or Breaded)	Egg and Cheese Biscuit
15 Waffle w Syrup Sausage Patty Mixed Fruit	16 Can. Bacon & Cheese Biscuit or Bagel, Applesauce	17 Egg Patty w/wo Cheese Eng. Muffin/Biscuit, Grits, Mand. Orng	18 Scrambled Egg, Cheese Grits, Toast w Jelly, Peach Cup	19 Beignets or Donuts, Buttered Grits or Oatmeal, Pears
Pork Taco or Gordita OR Chili Mac Arroz con Queso (Rice w Cheese)(HS) Lett/Tom cup or Apple Wedges Refried Beans Cinnamon Roll	Student Choice	St. Patrick's Day Sausage and Potato Stew Cheesy Spinach Chilled Pears French Bread Rice Krispie Treat	St. Joseph's Day Chicken Smackers Mshd Potato Bowl (you may serve this separately w/o chz) Chicken Smackers, Mshd Potato w Gravy, Buttered Corn, Cheese Wheat Roll, Pudding	St. Joseph's Day Spaghetti w Meatless Sauce AND Fish Strips Caesar Salad Peach Cup Cheese Bread
Fish Patty	Chicken Strips	Hamburger or Meatball PB	Pizza OR Hummus w Pita or Chips	
22 Pancake w Syrup, Sausage Link Pears	23 Grilled Ham and Cheese Triangle OR Brkfst Burrito, Tropical Fruit, Grits	24 Sausage Patty, Biscuit or Bagel Apple sauce Nutrition Day- Sugar Snap Peas	25 Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	26 Beignets or Donuts, Buttered Grits or Oatmeal, Peach Cup
Pork Chop Dirty Rice Mixed Fruit Buttered Carrots Southern Butter Wheat Roll	Turkey and Sausage Gumbo Fluffy Rice Potato Salad or Green Salad Applesauce French Bread Jell-O	Chicken Enchilada Casserole OR Chicken Taco/Gordita Acadianne Rice (HS) Lett/Tom Cup or Grapes Seasoned Corn Honey Bun	Spaghetti w Meatballs Tossed Salad Mandarin Oranges Garlic Wheat Roll Heavenly Hash Cake	Shrimp Poppers Macaroni and Cheese Seasoned Peas Tropical Fruit Seeded Bread
Chicken Strips	Meatball PB OR Hotdog/Corndog	Hamburger OR Two-fer	Chicken Patty (Grilled or Breaded)	Grilled Cheese
29 Pancake Wrapped Sausage w Syrup Applesauce	30 Canadian Bacon & Cheese on Biscuit or Bagel, Mixed Fruit	31 Egg Patty on Eng. Muffin or Biscuit, Grits, Mandarin Oranges	<p>March 8th-12th is National School Breakfast Week and Louisiana School Lunch Week! Start your morning for a well-balanced breakfast and join us for lunch for a delicious, home cooked, Louisiana-style lunch.</p> 	
Meatsauce w Rotini OR Italian Bake Seasoned Green Beans Chilled Pears Italian Bread	Chicken Strips Potatoes in Cheese Sauce Applesauce Garlic French Bread Ernie Cookie	Pork Taco or Gordita OR Chili Mac Mexican Rice (HS) Lett/Tom Cup or Peach Cup Refried Beans Cinnamon Stick		
Chicken Smackers or BBQ Pork	Hamburger	Meatball PB or Grilled Cheese		

Check Out Our Website At: [www.schoolcafe.org](http://www.schoolcafe.org)

March 16th is Student Choice Day! You choose what's for lunch!



Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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"Beannachtai na Feile Padraig Oraibh!"

"St. Patrick's Day blessing upon you!"

Come to your cafeteria March 17th for a St. Patrick's Day fun-filled theme meal!



March 24th is Sugar Snap Pea Nutrition Day! Stop by the Nutrition Day table for a yummy sample and lots of fun!

March 19th is St. Joseph's Day. Join us for our annual St. Joseph's Day Meal.

School Name \_\_\_\_\_