

march

# RED BANK CHARTER SCHOOL

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Scramble Eggs Sausage Toast Fruit Milk	<b>2</b> Cereal Milk Fruit Smoothies
<b>5</b> Muffins Fruit Milk	<b>6</b> Scramble Eggs Sausage Toast Fruit Milk	<b>7</b> Yogurt Granola Fruit Milk or Cereal	<b>8</b> Pancakes Sausage Fruit Milk	<b>9</b> Cereal Milk Fruit Smoothies
<b>12</b> Bagles Fruit Milk	<b>13</b> French Toast Sausage Fruit Milk	<b>14</b> Yogurt Granola Fruit Milk or Cereal	<b>15</b> Scramble Eggs Sausage Toast Fruit Milk	<b>16</b> Cereal Milk Fruit Smoothies
<b>19</b> Muffins Fruit Milk	<b>20</b> Scramble Eggs Sausage Toast Fruit Milk	<b>21</b> Yogurt Granola Fruit Milk or Cereal	<b>22</b> Waffles Sausage Fruit Milk	<b>23</b> Cereal Milk Fruit Smoothies
<b>26</b> Scramble Eggs Sausage Toast Fruit Milk	<b>27</b> Pancakes Sausage	<b>28</b> Yogurt Granola Fruit Milk or Cereal	<b>29</b> Scramble Eggs Sausage Toast Fruit Milk	<b>30</b> No School Spring Break

March 1 - March 30

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	
			Hot Turkey w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Wheat Dinner Roll Clementine-1 Milk-8 oz.	3x5 Whole Grain Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 Strawberry Applesauce Cup-1/2 Milk-8 oz.
			7	
			Whole Grain Chicken Fry-4 Fresh Green Beans-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	Toasted Cheese Sandwich on Whole Grain Bread-1 Chicken Noodle Soup-1/2 c. Romaine Salad w/ Dressing-1 1/2 Red Seedless Grapes-1/2 c. Milk-8 oz.
			8	
			Whole Grain Chicken Fry-4 Fresh Green Beans-3/4 c. Whole Wheat Dinner Roll Fresh Banana-1 Milk-8 oz.	3x5 Whole Grain Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 Peach Applesauce Cup-1/2 c. Milk-8 oz.
			15	
			Turkey Ham & Cheese on Whole Grain Bread-1 Fresh Baby Carrots w/ Dip-3/4 c. Apple-1 Milk-8 oz.	
			14	
			Grilled Teriyaki Chicken Bites-4 Fresh Baby Carrots with Dip-3/4 c. Banana-1 Whole Wheat Dinner Roll Milk-8 oz.	
			21	
			Beef Meatball Sub-1 Corn-3/4 c. Whole Grain Sub Roll-1 Grapes-1/2 c. Milk-8 oz.	3x5 Whole Grain Pizza-2 Slices Romaine Salad w/ Dressing-1 1/2 Mixed Fruit Cup-1/2 c. Milk-8 oz. <i>FRESH FULL</i>
			22	
			Chicken Pot Pie-7 oz. Fresh Baby Carrots w/ Dip-3/4 c. Corn Bread-2 oz. Fresh Banana-1 Milk-8 oz.	
			28	
			Fish Rectangle-3 oz. French Fries-3/4 Whole Wheat Roll-1 Clementine-1 Milk-8 oz.	Whole Grain Chicken Fingers-3 Fresh Baby Carrots-3/4 c. Whole Wheat Dinner Roll Grapes Milk-8 oz.
			29	
			Whole Grain Chicken Fingers-3 Fresh Baby Carrots-3/4 c. Whole Wheat Dinner Roll Grapes Milk-8 oz.	NO SCHOOL
			6	
			TACO TUESDAY Beef Taco's with Shredded Cheddar Cheese-2 Spanish Rice-3/4 c. Hard Taco Shells-2 Fresh Orange-1/Milk-8 oz.	
			13	
			All Beef Hot Dog on a Wheat Bun-1 Tater Tots-3/4 c. Clementine-1 Milk-8 oz.	
			20	
			TACO TUESDAY Chicken Taco's w/ Shredded Cheddar Cheese-2 Fried Rice-3/4 c. W/G Soft Taco Shells-2 Fresh Apple-1/Milk-8 oz.	
			12	
			Mini Cheese Quesadilla-3 Romaine Salad with Dressing-1/2 c. Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	
			19	
			All Beef Hamburger on a Whole Wheat Bun-1 Fresh Green Beans-3/4 c. Applesauce Cup-1/2 c. Milk-8 oz.	
			26	
			BREAKFAST FOR LUNCH French Toast Sticks-3 oz. Beef Sausage Links-2 oz. Celery Sticks w/Dip-3/4 c. Apple-1 Milk-8 oz.	

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