

March Lunch & Breakfast Menu 2020



POWER UP

FRESH, LOCAL, DELICIOUS

Available With All Meals:

- Variety of Fruits & Vegetables
- Nonfat, 1%, Nonfat Chocolate Milk, Soy Milk or Lactose Free Milk



	March 2	3	4	5	6
Lunch	Chicken Egg Roll with Fried Rice Yogurt Grab and Go	100% Beef Cheeseburger Turkey & Cheese or Cheese Sandwich	Pasta with Meat Sauce and Mini Garlic Bread Sunflower Butter Jelly Sandwich with a Cheese Stick	Cheese or Pepperoni Pizza Ham & Cheese or Cheese Sandwich	100% Beef or Bean Nachos Cheese or Pepperoni Pizza Munchable
Breakfast	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	WG Pancakes & Sausage Link Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	Cheese Omelet & English Muffin Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar
FREE BREAKFAST FOR ALL STUDENTS!					
	9	10	11	12	13
Lunch	Longhorn 100% Beef Hot Dog Yogurt Grab and Go	Chicken Fillet Sandwich Turkey & Cheese or Cheese Sandwich	Toasted Cheese Sandwich with Tomato Basil Soup Sunflower Butter Jelly Sandwich with a Cheese Stick	Cheese or Pepperoni Pizza Ham & Cheese or Cheese Sandwich	Wild Alaska Pollock Fillet Sandwich Cheese or Pepperoni Pizza Munchable Blueberry Crumble
Breakfast	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	WG French Toast & Sausage Link Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	Breakfast Smoothie & Muffin Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar
	16	17	18	19	20
Lunch	Chicken Fillet Bites with a Dinner Roll Yogurt Grab and Go	Taco Tuesday 100% Beef Soft Taco Turkey & Cheese or Cheese Sandwich	Cheesy Mozzarella Pocket with Marinara Sauce Sunflower Butter Jelly Sandwich with a Cheese Stick	Cheese or Pepperoni Pizza Ham & Cheese or Cheese Sandwich	100% Beef or Bean Nachos Cheese or Pepperoni Pizza Munchable
Breakfast	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	WG Pancakes & Sausage Link Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	Cheese Omelet & English Muffin Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar
	23	24	25	26	27
Lunch	Breaded Chicken Drumstick with Dinner Roll Yogurt Grab and Go	Hand-Rolled Chicken Burrito Turkey & Cheese or Cheese Sandwich	Mac and Cheese with a Bread Stick Sunflower Butter Jelly Sandwich with a Cheese Stick	Cheese or Pepperoni Pizza Ham & Cheese or Cheese Sandwich	Pancake Breakfast Sandwich Cheese or Pepperoni Pizza Munchable
Breakfast	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	WG Waffles & Sausage Link Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	Egg & Cheese Breakfast Sandwich Whole Grain BeneFIT Bar	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar
	30	31	<div style="text-align: center;"> <h3>Fuel Your Learning with Breakfast!</h3> <p>In celebration of National School Breakfast Week we are offering all students FREE BREAKFAST on March 3, 4 and 5. Have you tried our breakfast? Now is your chance! We serve all of the breakfast favorites throughout the week along with an assortment of fruit choices daily. Invite a friend and fuel your learning with breakfast at school.</p>  </div>		
Lunch	Chicken Egg Roll with Fried Rice Yogurt Grab and Go	100% Beef Cheeseburger Turkey & Cheese or Cheese Sandwich			
Breakfast	Cold Cereal Variety & Muffin Whole Grain BeneFIT Bar	WG Pancakes & Sausage Link Whole Grain BeneFIT Bar			

Please visit the Nutrition Services homepage at Spokaneschools.org to fill out a free or reduced meal application online.

Menus are subject to change



Spokane Public Schools
excellence for everyone

Elementary Meal Prices

LUNCH

Student.....	\$2.85
Reduced (Grades 4-6).....	\$0.40
Reduced (Grades K-3).....	\$0.00
Supers.....	\$1.65
Adult w/Milk.....	\$4.25

BREAKFAST

Student.....	\$1.65
Reduced.....	\$0.00
Adult w/Milk.....	\$2.40

MILK

1%, Nonfat or Chocolate Milk.....	\$0.70
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☑ Symbol shows vegetarian options

This institution is an equal opportunity provider