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| March 2017  BES ~ Lunch Menu  Cereal, cereal bars,  toast, pop tarts donuts/milk/juice  Lettuce, tomato, onion, pickles, ketchup, mustard, mayo, taco sauce, dips for chicken dressing for salads, butter, and sour cream will be available when needed. |  | WEDNESDAY MAR. 1  Breakfast: Biscuit & gravy  Peaches  Lunch:Roast chicken or Meatballs  Mashed potatoes  Broccoli & cheese  Banana, pineapple WG roll | THURSDAY MAR. 2  Breakfast: Eggs & cheese toast  Pears  Lunch:  Chicken or Fish nuggets  Carrots & dip,Chips & salsa  Peaches, pears | FRIDAY MAR. 3  Breakfast: Muffin  Orange slices  Lunch: BBQ or Hot dog on bun  Romaine salad  Baked beans  Mixed fruit, sidekick  cookie |
| MONDAY MAR . 6  Breakfast: Breakfast pizza  Mixed fruit  Lunch:  Spaghetti & meatballs or EZ Jammer  Broccoli & cheese, Romaine salad  Apple, watermelon applesauce  WG roll | TUESDAY MAR . 7  Breakfast: Apple cinnamon toast  Banana  Lunch:  Beef taco or Chicken Fajita  Refried beans, brown rice  Veggie cup & dip  Pineapple, orang | WEDNESDAY MAR. 8  Breakfast: Biscuit & gravy  Peaches  Lunch:  Pizza or Cheeseburger  Romaine salad  Corn  Mixed fruit, apple | THURSDAY MAR. 9  Breakfast: Sausage & biscuit  Mixed fruit  Lunch:  Chicken or Fish nuggets  Mashed potatoes  Green beans,WG roll  Strawberry cup, peach cup | FRIDAY MAR. 10  Breakfast: apple cinnamon toast  Pears  Lunch:  Corn dog or chicken patty sandwich, Baked beans  Romaine salad  Apple, orange, cookie |
| MONDAY MAR. 13  Breakfast: tornado wrap  Oranges  Lunch:  Pizza  corn  Romaine salad  Strawberries or peaches | TUESDAY MAR. 14  Breakfast: Biscuit & sausage  Peaches  Lunch  Hamburger or EZ jammers  Oven fries  Romaine salad  Mixed fruit, pears | WEDNESDAY MAR. 15  Breakfast: Biscuit & gravy  Peaches  Lunch:  Roasted chicken or Ravioli  Mashed potatoes  Broccoli & cheese  WG roll  Banana, pineapple | THURSDAY FEB. 16  Breakfast: Muffin, Pear  Lunch  Sausage, eggs or Chicken Patty  Tator tots,  Biscuit & gravy  Peach cup, strawberry cup | FRIDAY MAR. 17  Breakfast: Blueberry muffin  Orange  Lunch  BBQ or hot dog on bun  Baked beans  Romaine salad  Mixed fruit, sidekick’  Cookie |
| MONDAY MAR. 20  Breakfast: Breakfast pizza  Mixed fruit  Lunch  Chicken patty sandwich or pizza  Romaine salad  Corn, Peaches, pears | TUESDAY MAR. 21  Breakfast: sausage & bisuit  Banana  Lunch:  Beef taco or chicken fajita  Refried beans,Veggie cup & dip  Brown rice,Pineapple, apple | WEDNESDAY MAR. 22  Breakfast: Biscuit & gravy  Peaches  Lunch: Roast chicken or Meatballs  Mashed potatoes  Broccoli & cheese  WG roll,Banana, pineapple | THURSDAY MAR. 23  Breakfast: eggs & toast  Mixed fruit  Lunch:  Chicken or fish nuggets  Carrots & dip,Chips & salsa  Peaches, pears | FRIDAY MAR. 24  Breakfast: muffin  Apple  Lunch: BBQ or hot dog on bun  Romaine salad  Baked beans  Mixed fruit, sidekick, cookie |
| MONDAY MAR. 27  Breakfast: tornado wrap, Apple  Lunch:  Spaghetti & meatballs or EZ jammers  Romaine salad  Broccoli & cheese  WG roll  Watermelon applesauce, orange | TUESDAY FEB. 28  Breakfast: Sausage & biscuit  peaches  Lunch:  Cheeseburger/EZ Jammers  Fries/Salad  Mixed fruit, pears | WEDNESDAY MAR. 29  Breakfast: Biscuit & gravy  Peaches  Lunch:  Pizza or cheeseburger  Romaine salad  Corn  WG roll  Apple, orange | THURSDAY MAR. 30  Breakfast: sausage & biscuit  Mixed fruit  Lunch:  Chicken or fish nuggets  Mashed potatoes  Green beans  WG roll  Strawberry cup, peach cup | The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)  If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at  http://w‘vw.ascr.usda.gov/complaint\_filing\_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication; 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at prograntintakeIgusda.gov.  Individuals who are deaf, hard of hearing, or have speech disabilities and wish to tile either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877- 8339 or (800) 845-6136 (in Spanish). |