


March Menu

Fruitvale

SPRING FRUIT SMOOTHIE

- 1 FROZEN BANANA, PEELED AND SLICED
 - 2 CUPS FROZEN STRAWBERRIES
 - 1 CUP MILK
 - 1/2 CUP PLAIN OR VANILLA YOGURT
 - 1/2 CUP FRESHLY SQUEEZED ORANGE JUICE
 - 2 TO 3 TABLESPOONS HONEY OR TO TASTE
- PUT ALL THE INGREDIENTS IN A BLENDER AND PROCESS UNTIL SMOOTH. POUR INTO GLASSES AND SERVE.



Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Fried Steaks or Boneless Wings Hot Roll Roasted Potatoes Seasoned Vegetables Fruit Cup	5 Tacos or Chili Cheese Nachos Lettuce & Tomato Homemade Salsa Charro Beans Spanish Rice Rainbow Pears	6 Soup, Sandwich and Salad <i>Choice of Soup and Sandwich with Garden Salad</i> Vegetable Dippers Baked Chips Orange Smiles	7 Chicken Parmesan with Garlic Stick or Pizza Steamed Broccoli Garden Fresh Salad Berries & Cream	8 Grab N' Go Sack Lunch 



Enjoy Your Spring Break!

18 Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Sautéed Vegetable Fruit Cup	19 Tacos or Quesadillas Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	20 Monterrey Chicken Hot Roll Glazed Carrots Steamed Vegetables Fruit Cup or BYSL	21 Italian Dippers or Pizza Seasoned Sweet Corn Italian Salad Colorful Apple Sauce	22 Cheese Burger Basket or Hot Dog Basket w/ Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit
25 Chicken Pot Pie Fresh Garden Salad Seasoned Vegetables Fruit Cup or BYSL	26 Tacos or Crisпитos Lettuce & Tomato Homemade Salsa Pinto Beans Spanish Rice Fruit Cup	27 Popcorn Chicken or Crispy Chicken Salad with Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream	28 Cheesy Bread Sticks w/ Marinara Sauce or Pizza Italian Salad Steamed Vegetables Banana Sundae	29 Chicken Sandwich Basket or Corn Dog Basket with Fries Lettuce with Pickles Sliced Tomatoes Fresh Fruit

RISE AND SHINE!



START THE DAY OFF RIGHT WITH A HEALTHY, FUN BREAKFAST!
NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 4TH-8TH, SO COME JOIN US!

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll or French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza or Sausage Biscuit	Cinnamon Roll or Pancake Wrap	Waffles or Muffin & Yogurt

A choice of milk and a Salad Bar for Secondary students will be offered with every meal.

