

MARCH 2025

BREAKFAST



School Information: NSLP Meals are free to all students (1 per service) Adult and seconds: Breakfast \$3.50 Extra Milk \$0.50 All meals are subject to change



National School Breakfast Week is March 3 – 7. Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice **3**

Pancakes, Bacon, Yogurt,
Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice **4**

Sausage egg and Cheese
Sandwich on WG English
Muffin, Yogurt, Cheese
Stick and Cereal
Fresh Fruit
Milk or Juice **5**

Pastry, Scrambled Eggs,
Yogurt, Cheese Stick,
Cereal
Fresh Fruit
Milk or Juice **6**

Fresh Fruit, Granola
Yogurt Parfait, Cheese
Stick, and Cereal
Fresh Fruit
Milk and Juice **7**

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice **10**

Pancakes, Bacon, Yogurt,
Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice **11**

Sausage egg and Cheese
Sandwich on WG English
Muffin, Yogurt, Cheese
Stick and Cereal
Fresh Fruit
Milk or Juice **12**

Pastry, Scrambled Eggs,
Yogurt, Cheese Stick,
Cereal
Fresh Fruit
Milk or Juice **13**

No School **14**

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice **17**

Pancakes, Bacon, Yogurt,
Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice **18**

Sausage egg and Cheese
Sandwich on WG English
Muffin, Yogurt, Cheese
Stick and Cereal
Fresh Fruit
Milk or Juice **19**

Pastry, Scrambled Eggs,
Yogurt, Cheese Stick,
Cereal
Fresh Fruit
Milk or Juice **20**

Fresh Fruit, Granola
Yogurt Parfait, Cheese
Stick, and Cereal
Fresh Fruit
Milk and Juice **21**

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice **24**

Pancakes, Bacon, Yogurt,
Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice **25**

Sausage egg and Cheese
Sandwich on WG English
Muffin, Yogurt, Cheese
Stick and Cereal
Fresh Fruit
Milk or Juice **26**

Pastry, Scrambled Eggs,
Yogurt, Cheese Stick,
Cereal
Fresh Fruit
Milk or Juice **27**

Fresh Fruit, Granola
Yogurt Parfait, Cheese
Stick, and Cereal
Fresh Fruit
Milk and Juice **28**

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice **31**



MARCH 2025

LUNCH



School Information: NSLP Meals are free to all students (1 per service) Adult and seconds: Lunch \$4.95 Extra Milk \$0.50 All meals are subject to change



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.



References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

Beef Tacos with sour Cream and Salsa 3
Mexican Style Rice
Fresh fruit
Milk

Cheese Quesadilla with Salsa and sour Cream 10
Mexican Style Rice
Fresh Fruit
Milk

Nachos With Taco Meat 17
Sour Cream & Salsa
Mexican Style Rice
Fresh Fruit
Milk

Taco Pie with Sour Cream and Salsa 24
Mexican Style Rice
Fresh Fruit
Milk

Chicken Fajita with Sour Cream and Salsa 31
Mexican Style Rice
Fresh Fruit
Milk

TUESDAY

Corn Dog 4
Potato Wedges
Fresh Fruit
Mil

BBQ Pulled Pork Sandwich on a WG Roll 11
Coleslaw
Fresh Fruit
Milk

Chicken Burger on a whole Grain Bun 18
Potato Wedges
Fresh Fruit
Milk

BBQ Sloppy Joe on a Whole Grain Bun 25
Tater Tots
Fresh Fruit
Milk

WEDNESDAY

Chicken Broccoli Alfredo 5
Mozzarella stuffed breadstick
Fresh Fruit
Milk

Sweet and Sour Chicken over Rice 12
Broccoli
Fresh Fruit
Milk

Chop Suey with Local Beef 19
Garlic Knots
Peas
Fresh Fruit
Milk

Ravioli in Marinera WG 26
Texas Toast
Fresh Fruit
Milk

THURSDAY

Ham and Cheese Bagel Melts 6
Carrots
Fresh Fruit
Milk

Meatball Sub on a WG Roll 13
Corn
Fresh Fruit
Milk

Baked Ham With Cheesy Potatoes 20
Carrots
Fresh Fruit
Milk

Chili Cheese Dogs on a WG Roll 27
Corn
Fresh Fruit
Milk

FRIDAY

Cheese or pepperoni Pizza 7
Garden Salad
Fresh Fruit
Milk

Cheese or Peperoni Pizza 14
Garden Salad
Fresh Fruit
Milk

Cheese or Peperoni Pizza 21
Garden Salad
Fresh Fruit
Milk

Cheese or Peperoni Pizza 28
Garden Salad
Fresh Fruit
Milk



APRIL 2025

BREAKFAST



School Information: NSLP Meals are free to all students (1 per service) Adult and seconds:
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Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

2
Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

3
Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

4
Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice

7
French Toast sticks , Sausage Link, Yogurt, Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

8
Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

9
Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

10
Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

11
Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice

14
French Toast sticks , Sausage Link, Yogurt, Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

15
Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

16
Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

17
Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

18
Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice

21

22

23

24

25

28
French Toast sticks , Sausage Link, Yogurt, Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

29
Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

30
Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice



APRIL 2025

LUNCH



School Information: NSLP Meals are free to all students (1 per service) Adult and seconds: Lunch \$4.95 Extra Milk \$0.50
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April is National Garden Month. Consider planting some seeds at home. You can start your seeds indoors in a small container (an empty cereal bowl from school would work well) and move them outside to a patio or garden plot when the weather allows.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Plain or Cheeseburger
On a WG Bun
Potato Wedges
Fresh Fruit
Milk

1

Chicken Parmesan with
Linguini
Green Beans
Fresh Fruit
Milk

2

Sheperds Pie
WG Biscuit
Fresh Fruit
Milk

3

Cheese or Peperoni
Pizza
Garden Salad
Fresh Fruit
Milk

4

**Beef Tacos with sour
Cream and Salsa
Mexican Style Rice
Fresh fruit
Milk**

7

**Corn Dog
Potato Wedges
Fresh Fruit
Mil**

8

**Chicken Broccoli
Alfredo
Mozzarella stuffed
breadstick
Fresh Fruit
Milk**

9

**Ham and Cheese Bagel
Melts
Carrots
Fresh Fruit
Milk**

10

**Cheese or pepperoni
Pizza
Garden Salad
Fresh Fruit
Milk**

11

Cheese Quesadilla with
Salsa and sour Cream
Mexican Style Rice
Fresh Fruit
Milk

14

BBQ Pulled Pork
Sandwich on a WG Roll
Coleslaw
Fresh Fruit
Milk

15

Sweet and Sour Chicken
over Rice
Broccoli
Fresh Fruit
Milk

16

Meatball Sub on a WG
Roll
Corn
Fresh Fruit
Milk

17

Cheese or Peperoni
Pizza
Garden Salad
Fresh Fruit
Milk

18



21



22



23



24



25

Taco Pie with Sour
Cream and Salsa
Mexican Style Rice
Fresh Fruit
Milk

28

BBQ Sloppy Joe on a
Whole Grain Bun
Tater Tots
Fresh Fruit
Milk

29

Ravioli in Marinera WG
Texas Toast
Fresh Fruit
Milk

30



MAY 2025

BREAKFAST



School Information: NSLP Meals are free to all students (1 per service) Adult and seconds: Breakfast \$3.50 Extra Milk \$0.50 All meals are subject to change



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice

French Toast sticks , Sausage Link, Yogurt, Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice

French Toast sticks , Sausage Link, Yogurt, Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice

French Toast sticks , Sausage Link, Yogurt, Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice

No School

Pancakes, Bacon, Yogurt, Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

Sausage egg and Cheese Sandwich on WG English Muffin, Yogurt, Cheese Stick and Cereal
Fresh Fruit
Milk or Juice

Pastry, Scrambled Eggs, Yogurt, Cheese Stick, Cereal
Fresh Fruit
Milk or Juice

Fresh Fruit, Granola Yogurt Parfait, Cheese Stick, and Cereal
Fresh Fruit
Milk and Juice



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May is National Egg Month. Eggs can be eaten in a salad, as part of a breakfast sandwich, as an omelet, mixed into fried rice or simply boiled, fried or scrambled. How do you like to eat eggs?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Ravioli in Marinera WG
Texas Toast
Fresh Fruit
Milk

Chili Cheese Dogs on a WG Roll **1**
Corn
Fresh Fruit
Milk

Cheese or Peperoni Pizza **2**
Garden Salad
Fresh Fruit
Milk

Chicken Fajita with Sour Cream and Salsa **5**
Mexican Style Rice
Fresh Fruit
Milk

Plain or Cheeseburger On a WG Bun **6**
Potato Wedges
Fresh Fruit
Milk

Chicken Parmesan with Linguini **7**
Green Beans
Fresh Fruit
Milk

Sheperds Pie **8**
WG Biscuit
Fresh Fruit
Milk

Cheese or Peperoni Pizza **9**
Garden Salad
Fresh Fruit
Milk

Beef Tacos with sour Cream and Salsa **12**
Mexican Style Rice
Fresh fruit
Milk

Corn Dog **13**
Potato Wedges
Fresh Fruit
Mil

Chicken Broccoli **14**
Alfredo
Mozzarella stuffed breadstick
Fresh Fruit
Milk

Ham and Cheese Bagel **15**
Melts
Carrots
Fresh Fruit
Milk

Cheese or pepperoni **16**
Pizza
Garden Salad
Fresh Fruit
Milk

Cheese Quesadilla with Salsa and sour Cream **19**
Mexican Style Rice
Fresh Fruit
Milk

BBQ Pulled Pork Sandwich on a WG Roll **20**
Coleslaw
Fresh Fruit
Milk

Sweet and Sour Chicken over Rice **21**
Broccoli
Fresh Fruit
Milk

Meatball Sub on a WG Roll **22**
Corn
Fresh Fruit
Milk

Cheese or Peperoni Pizza **23**
Garden Salad
Fresh Fruit
Milk

No School **26**

Chicken Burger on a whole Grain Bun **27**
Potato Wedges
Fresh Fruit
Milk

Chop Suey with Local Beef **28**
Garlic Knots
Peas
Fresh Fruit
Milk

Baked Ham With Cheesy Potatoes **29**
Carrots
Fresh Fruit
Milk

Cheese or Peperoni **30**
Pizza
Garden Salad
Fresh Fruit
Milk



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June is National Dairy Month! Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

Reference: USDA MyPlate

MONDAY

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

2

TUESDAY

Pancakes, Bacon, Yogurt,
Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

3

WEDNESDAY

Sausage egg and Cheese
Sandwich on WG English
Muffin, Yogurt, Cheese
Stick and Cereal
Fresh Fruit
Milk or Juice

4

THURSDAY

Pastry, Scrambled Eggs,
Yogurt, Cheese Stick,
Cereal
Fresh Fruit
Milk or Juice

5

FRIDAY

Fresh Fruit, Granola
Yogurt Parfait, Cheese
Stick, and Cereal
Fresh Fruit
Milk and Juice

6

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

9

Pancakes, Bacon, Yogurt,
Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

10

Sausage egg and Cheese
Sandwich on WG English
Muffin, Yogurt, Cheese
Stick and Cereal
Fresh Fruit
Milk or Juice

11

Pastry, Scrambled Eggs,
Yogurt, Cheese Stick,
Cereal
Fresh Fruit
Milk or Juice

12

Fresh Fruit, Granola
Yogurt Parfait, Cheese
Stick, and Cereal
Fresh Fruit
Milk and Juice

13

French Toast sticks ,
Sausage Link, Yogurt,
Cheese Stick, and cereal
Fresh Fruit
Milk or Juice

14

Pancakes, Bacon, Yogurt,
Cheese Stick, and Cereal
Fresh Fruit
Mil or Juice

15

Sausage egg and Cheese
Sandwich on WG English
Muffin, Yogurt, Cheese
Stick and Cereal
Fresh Fruit
Milk or Juice

16

Pastry, Scrambled Eggs,
Yogurt, Cheese Stick,
Cereal
Fresh Fruit
Milk or Juice

17

Fresh Fruit, Granola
Yogurt Parfait, Cheese
Stick, and Cereal
Fresh Fruit
Milk and Juice

18

21

22

23

24

25

Type your text here

30



JUNE 2025

LUNCH



School Information: NSLP Meals are free to all students (1 per service) Adult and seconds: Lunch \$4.95 Extra Milk \$0.50 All meals are subject to change



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato. Try using yogurt in a smoothie to celebrate National Smoothie Day on June 21.



MONDAY

Taco Pie with Sour Cream and Salsa **2**
Mexican Style Rice
Fresh Fruit
Milk

Chicken Fajita with Sour Cream and Salsa **9**
Mexican Style Rice
Fresh Fruit
Milk

Beef Tacos with sour Cream and Salsa **14**
Mexican Style Rice
Fresh fruit
Milk

21

30

TUESDAY

BBQ Sloppy Joe on a Whole Grain Bun **3**
Tater Tots
Fresh Fruit
Milk

Plain or Cheeseburger **10**
On a WG Bun
Potato Wedges
Fresh Fruit
Milk

Corn Dog **15**
Potato Wedges
Fresh Fruit
Mil

22

29

WEDNESDAY

Ravioli in Marinera WG **4**
Texas Toast
Fresh Fruit
Milk

Chicken Parmesan with Linguini **11**
Green Beans
Fresh Fruit
Milk

Chicken Broccoli Alfredo **16**
Mozzarella stuffed breadstick
Fresh Fruit
Milk

23



THURSDAY

Chili Cheese Dogs on a WG Roll **5**
Corn
Fresh Fruit
Milk

Sheperds Pie **12**
WG Biscuit
Fresh Fruit
Milk

Ham and Cheese Bagel Melts **17**
Carrots
Fresh Fruit
Milk

24

27

FRIDAY

Cheese or Peperoni **6**
Pizza
Garden Salad
Fresh Fruit
Milk

Cheese or Peperoni **13**
Pizza
Garden Salad
Fresh Fruit
Milk

Cheese or pepperoni **18**
Pizza
Garden Salad
Fresh Fruit
Milk

25

28