

# Menus

School: Livingston County R-3

Academic Year: 2017-18

Meal: All

Month: March 2018

March				
M	Tu	W	Th	F
26 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	27 <b>Breakfast:</b> Breakfast burrito, fruit, juice, milk <b>Lunch:</b> BBQ pork ribette, au gratin potatoes, whole kernel corn, whole wheat bread & butter, fruit, milk	28 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk <b>Lunch:</b> Mac & cheese, cole slaw, carrots, whole wheat bread & butter, fruit, milk	1 <b>Breakfast:</b> Cheese omelet, whole wheat toast, fruit, juice, milk <b>Lunch:</b> Taco soup, corn chips, celery sticks, fruit, milk	2 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk <b>Lunch:</b> Sloppy Joe on whole wheat bun, potato wedges, green beans, fruit, milk
5 <b>Breakfast:</b> Whole grain breakfast bites, reduced calorie syrup, fruit juice, milk <b>Lunch:</b> Chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	6 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit juice, milk <b>Lunch:</b> Fish wedge, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk	7 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit juice, milk <b>Lunch:</b> Ham & cheese on whole wheat bread, celery sticks, raw baby carrots, baked chips, fruit, milk	8 <b>Breakfast:</b> Scrambled eggs, whole wheat toast, fruit juice, milk <b>Lunch:</b> Lasagna roll-up, tossed Romaine salad w/low-fat Ranch dressing, whole kernel corn, whole wheat bread stick, fruit, milk	9 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit juice, milk <b>Lunch:</b> Hot dog on whole wheat bun, baked beans, potato wedges, fruit, milk
12 <b>Breakfast:</b> Breakfast pizza, fruit juice, milk <b>Lunch:</b> Tomato soup, grilled cheese, celery sticks, fruit, milk	13 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit juice, milk <b>Lunch:</b> Chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	14 <b>Breakfast:</b> Whole grain biscuit, sausage gravy, fruit juice, milk <b>Lunch:</b> Hamburger patty on whole wheat bun, potato wedges, whole kernel corn, fruit, milk	15 <b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, fruit juice, milk <b>Lunch:</b> Walking tacos w/shredded cheese, shredded lettuce, refried beans, fruit, milk	16 <b>Breakfast:</b> Donut, go-gurt, fruit juice, milk <b>Lunch:</b> Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch dressing, green beans, whole wheat bread stick, fruit, milk
19 <b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit juice, milk <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	20 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit juice, milk <b>Lunch:</b> Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, green beans, fruit, milk	21 <b>Breakfast:</b> Breakfast burrito, fruit juice, milk <b>Lunch:</b> Turkey & cheese roll-up, baked chips, raw baby carrots, celery sticks, fruit, milk	22 <b>Breakfast:</b> Whole grain biscuit, egg patty, fruit juice, milk <b>Lunch:</b> Hot ham & cheese on whole wheat bun, potato wedges, carrots, fruit, milk	23 <b>Breakfast:</b> Whole grain pop tart, go-gurt, fruit juice, milk <b>Lunch:</b> Beef & bean burrito, refried beans, whole kernel corn, fruit, milk
26 <b>Breakfast:</b> Whole grain pancakes, reduced calorie syrup, fruit juice, milk <b>Lunch:</b> Chicken & noodle soup, PBJ Jamwich, celery sticks, raw baby carrots, fruit, milk	27 <b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit juice, milk <b>Lunch:</b> Whole grain corndog, mashed potatoes, peas, fruit, milk	28 <b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit juice, milk <b>Lunch:</b> BBQ pork ribette, au gratin potatoes, broccoli, whole wheat bread & butter, fruit, milk	29 <b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, fruit juice, milk <b>Lunch:</b> Turkey slice, mashed potatoes & gravy, green beans, hot roll, fruit, milk	30

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