

March

Altha Public School

wake up!

School Breakfast



SCHOOL MEALS
ARE AVAILABLE TO
ALL STUDENTS AT
NO CHARGE!



This institution is an equal opportunity provider.
www.FreshforFloridaKids.com



Healthy Kids
Learn Better

Join us for
National School Breakfast Week
March 7-11, 2016

Monday, February 29

Breakfast

Egg & Cheese Biscuit
Potato Rounds
Fruit

Lunch

Chicken Nuggets
Cheese Burger
Caesar Chicken Salad

Sides

Mashed Potatoes
Steamed Broccoli
Fruit

Tuesday, March 1

Breakfast

Eggs & Grits
Buttered Toast
Fruit

Lunch

Spaghetti w/Meat
Sauce
Buffalo Chicken Wrap
Chicken Salad w/Fruit

Sides

Caesar Salad
Carrot Sticks & Ranch
Fruit

Wednesday, March 2

Breakfast

Pancakes
Turkey Sausage
Fruit

Lunch

Turkey & Cheese Sub
Chicken Burger
Taco Salad

Sides

Baked Beans
Baked Potato Wedged
Fruit

Thursday, March 3

Breakfast

Sausage Biscuit
Potato Rounds
Fruit

Lunch

Sliced Ham/Mac &
Cheese
Ranch Chicken Wrap
Chef Salad

Sides

Green Beans
Sweet Potato
Fruit

Friday, March 4

Breakfast

French Toast Sticks
Turkey Sausage Patty
Fruit

Lunch

Cheese Pizza
Cheese Burger
Garden Chicken Salad

Sides

Potato Wedges
Lettuce/Tomato Salad
Fruit

Elementary Lunch

Students offered
first lunch item
only.

USDA is an equal
opportunity
provider and
employer.

Monday, March 7

Breakfast

Breakfast Pizza
Potato Tots
Fruit

Lunch

Chicken Sandwich
Buffalo Chicken Wrap
Chef Salad

Sides

Caesar Salad
Baked Potato Wedges
Fruit

Tuesday, March 8

Breakfast

Egg and Cheese
English Muffin
Potato Rounds
Fruit

Lunch

Beef or Chicken Taco
Turkey & Cheese Wrap
Chicken Salad w/Fruit

Sides

Lettuce & Tomato
Black Beans Salsa
Fruit

Wednesday, March 9

Breakfast

Grits w/ Ham Cubes
Sweet Potato Muffin
Fruit

Lunch

Corn Dog Nuggets
Cheese Pizza
Chef Salad

Sides

Baked Beans
Baked Potato Wedges
Fruit

Thursday, March 10

Breakfast

French Toast Sticks
Turkey Sausage
Fruit

Lunch

Chicken Parmesan
Chicken Burger
Chicken Caesar Salad

Sides

Steamed Broccoli
Carrot Sticks w/Ranch
Fruit

Friday March 11

Breakfast

Sausage Biscuit
Potato Rounds
Fruit

Lunch

Hamburger
Cheese Pizza
Taco Salad

Sides

Baked Potato Wedges
Tomatoes & Lettuce
Fruit

DON'T GET!

Take at least
ONE

FRUIT or
VEGGIE

and at least
THREE items total
so your meal
counts as a
complete lunch!

Monday, March 14

Breakfast

Egg & Cheese Biscuit
Potato Rounds
Fruit

Lunch

Chicken Nuggets
Cheeseburger
Chicken Caesar Salad

Sides

Mashed Potatoes
Corn
Fruit

Tuesday, March 15

Breakfast

Eggs & Grits
Buttered Toast
Fruit

Lunch

Spaghetti w/Meat
Sauce
Chicken Burger
Chef Salad

Sides

Caesar Salad
Carrot Sticks & Ranch
Fruit

Wednesday, March 16

Breakfast

Pancakes
Turkey Sausage
Fruit

Lunch

Fish Nuggets
Turkey & Cheese Wrap
Taco Salad

Sides

Baked Beans
Steamed Broccoli
Fruit

Thursday, March 17

Breakfast

Sausage Biscuit
Potato Rounds
Fruit

Lunch

Chili w/Grilled Cheese
Hamburger
Chef Salad

Sides

Carrot Sticks w/Ranch
Corn
Fruit

Friday, March 18

Breakfast

French Toast Sticks
Turkey Sausage Patty
Fruit

Lunch

Cheese Pizza
Cheeseburger
Garden Chicken Salad

Sides

Baked Potato Wedges
Lettuce/Tomato Salad
Fruit



40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.



Fruit



Monday, March 21

Breakfast

Breakfast Pizza
Potato Tots
Fruit

Lunch

Chicken Sandwich
Buffalo Chicken Wrap
Chef Salad

Sides

Steamed Broccoli
Baked Potato Wedges
Fruit

Tuesday, March 22

Breakfast

Egg and Cheese
English Muffin
Potato Rounds
Fruit

Lunch

Beef or Chicken Taco
Turkey & Cheese Wrap
Chicken Salad w/Fruit

Sides

Lettuce & Tomato
Black Beans Salsa
Fruit

Wednesday, March 23

Breakfast

Grits w/ Ham Cubes
Sweet Potato Muffin
Fruit

Lunch

Ham & Cheese Sub
Pepperoni Pizza
Chef Salad

Sides

French Fries
W/K Corn
Fruit

Thursday, March 24

Breakfast

French Toast Sticks
Turkey Sausage
Fruit

Lunch

Baked Chicken
Chicken Burger

Sides

Brown Rice
Black Eyed Peas
Sweet Potato
Fruit

Friday March 25

Breakfast

Sausage Biscuit
Potato Rounds
Fruit

Lunch

Hamburger
Cheese Pizza

Sides

Baked Potato Wedges
Tomatoes & Lettuce
Fruit

Spring Break



Every complete
meal we serve
comes with your
choice of milk!