



BREAKFAST & LUNCH

The Accelerated Schools Cafe

TAS 1st - 5th grades

March 2019

BREAKFAST MENU
7 AM — 8 AM
OR
at **NUTRITION BREAK**

Mon

Tue

Wed

Thu

Fri

Make the
Grade
with **SCHOOL BREAKFAST**

Students can benefit from the School Breakfast Program! Studies show that school breakfast can raise test scores while improving classroom attentiveness and behavior. Make sure your kids start the school day with a healthy meal!



PIZZA DAY!

Pepperoni Pizza or Cheese Pizza made with Low-Fat Cheese, Tomato Sauce (R/O) & Whole Wheat Crust
Green Salad (DG)
Applesauce Cup

1

STUDENT FAVORITE!

Bean(L)& Cheese Burrito
Tortilla Chips & Cheese Cup
Salsa Fresca (R/O)
Cucumber Slices (O)
Jicama Sticks (O)
Apple

4

SUPER NACHOS!

Corn Tortilla Chips
Seasoned Beef, Nacho Cheese, Pinto Beans (L)
Salsa Fresca (R/O)
Celery Sticks (O)
Pears

5

PASTA MIA!

Spaghetti with Students' choice of Vegetarian Sauce or Meat Sauce (R/O)
Spinach Side Salad (DG)
Garlic Breadsticks
Diced Peaches

6

CHICKEN & WAFFLES!

Roasted Chicken
Toasty Waffles
Sugar Free Maple Syrup
Mashed Potatoes (S)
Steamed Corn (S)
Mixed Fruit Cup

7

PIZZA DAY!

Pepperoni Pizza or Cheese Pizza made with Low-Fat Cheese, Tomato Sauce (R/O) & Whole Wheat Crust
Green Salad (DG)
Applesauce Cup

8

POZOLE DAY

Mexican Soup made with Hominy, Pork & Chiles
Topped with Cabbage, Radish, Onion & Lime
Tortilla Chips & Salsa
Tangerines

11

CHICKEN CHALUPAS

Seasoned Chicken and Cheese baked in a Chalupa Shell
Refried Beans(L)& Spanish Rice
Shredded Cabbage & Limes (O)
Salsa Fresca (R/O)
Sliced Peaches

12

MEATBALL SUBS

Italian Meatballs on a toasty bun with Mozzarella Cheese & Tomato Sauce (R/O)
Fresh Broccoli (DG)
Applesauce Cup

13

BURGER BASH!

Hamburger on a bun
Or Veggie Burger on a bun
Lettuce (DG) & Tomato (R/O)
Baked Potato Wedges (S)
Cucumber Slices (O)
Mixed Fruit Cup

14

PIZZA DAY!

Pepperoni Pizza or Cheese Pizza made with Low-Fat Cheese, Tomato Sauce (R/O) & Whole Wheat Crust
Green Salad (DG)
Apple

15

STUDENT FAVORITE!

Bean(L)& Cheese Burrito
Tortilla Chips & Cheese Cup
Salsa Fresca (R/O)
Cucumber Slices (O)
Jicama Sticks (O)
Apple

18

TACO TUESDAY!

Seasoned Beef in a Crunchy Tortilla Shell
Refried Beans (L) & Spanish Rice
Shredded Cabbage & Limes (O)
Carrot Sticks (R/O)
Salsa Fresca
Pears

19

BBQ CHICKEN

BBQ Chicken
Mac N Cheese
Wheat Dinner Roll
Spinach Side Salad (DG)
Baked Tater Tots (S)
Mixed Fruit Cup

20

LASAGNA

Layers of Pasta, Cheese & Tomato Sauce
Cucumber Slices (O)
Jicama Sticks (O)
Garlic Breadsticks
Diced Peaches

21

PUPIL FREE DAY



22

STUDENT FAVORITE!

Chicken Sandwich
Or Veggie Burger on a bun
Lettuce (DG) & Tomato (R/O)
Baked Potato Wedges (S)
Cucumber Slices (O)
Pears

25

TERIYAKI BEEF

Teriyaki Beef with Steamed Brown Rice
Garlic Breadstick
Steamed Broccoli (DG)
Steamed Corn (S)
Mixed Fruit Cup

26

CHICKEN & WAFFLES!

Roasted Chicken
Toasty Waffles
Sugar Free Maple Syrup
Mashed Potatoes (S)
Roasted Butternut Squash(R/O)
Peaches

27

MAC & CHEESE!

Hot Dog on a bun
Chopped Onions & Peppers
Macaroni & Cheese
Fresh Carrot Sticks (R/O)
Hummus (L)
Apple

28

PIZZA DAY!

Pepperoni Pizza or Cheese Pizza made with Low-Fat Cheese, Tomato Sauce (R/O) & Whole Wheat Crust
Green Salad (DG)
Applesauce Cup

29

BREAKFAST EVERY DAY!

Bagel & Cream Cheese, Fruit & Yogurt Parfait
Kids' Favorite Cereals, Apple, 100% Orange Juice & Milk: skim or 1% or fat-free chocolate

MONDAY

Whole Grain Mini Donuts

TUESDAY

Whole Grain Cereal Bar

WEDNESDAY

Sausage & Cheese Bagel

THURSDAY

Scrambled Breakfast Bowl

FRIDAY

Cinnamon Breakfast Roll

Daily Lunch Options

Main Meal or Deli Sandwich or Grab & Go Lunch

Offered with all Meals

Whole Grains, Lean Protein, Fresh Fruit & Vegetables
Milk: Skim or 1%

Grab & Go Lunch includes milk, fruit & vegetable of the day

MONDAY

Veggie Taco Salad

TUESDAY

Turkey Sandwich

WEDNESDAY

Santa Fe Chicken Wrap

THURSDAY

Mediterranean Salad

FRIDAY

Tuna Sandwich