



# BREAKFAST & LUNCH

## The Accelerated Schools Cafe

# TAS 2

## March 2019

**BREAKFAST MENU**  
7:30 AM — 8 AM  
Before School  
Every Day!

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)  
Applesauce Cup

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**  
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**  
Whole Grain Cinnamon  
Breakfast Roll

**Daily Lunch Options**

**Offered with all Meals**  
Whole Grains, Lean Protein, Fresh Fruit & Vegetables  
Milk: Skim or 1%