



# BREAKFAST & LUNCH

## The Accelerated Schools Cafe

# Wallis Annenberg High School

## The Accelerated Middle School

### 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!



**TURKEY CLUB** 1  
Sliced Turkey with Turkey Bacon, Spinach & Tomato (R/O) on a Sub Roll  
Celery Sticks ((O)  
Yogurt Ranch Dressing  
Applesauce Cup

**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 Pizza & Salad Bar 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

**STUDENT FAVORITE!** 4  
Bean(L)& Cheese Burrito  
Tortilla Chips & Cheese Cup  
Salsa Fresca (R/O)  
Cucumber Slices (O)  
Jicama Sticks (O)  
Apple

**SUPER NACHOS!** 5  
Corn Tortilla Chips  
Seasoned Beef, Nacho Cheese, Pinto Beans (L)  
Salsa Fresca (R/O)  
Celery Sticks (O)  
Pears

**PASTA MIA!** 6  
Spaghetti with Students' choice of Vegetarian Sauce or Meat Sauce (R/O)  
Spinach Side Salad (DG)  
Garlic Breadsticks  
Diced Peaches

**CHICKEN & WAFFLES!** 7  
Roasted Chicken  
Toasty Waffles  
Sugar Free Maple Syrup  
Mashed Potatoes (S)  
Steamed Corn (S)  
Mixed Fruit Cup

**TOSTADA SALAD BOWL** 8  
Tortilla Shell with Chicken or Beef, Spinach (DG), Carrots, Tomatoes, Cucumbers, Black Beans(L), Cheese & Salsa  
Applesauce Cup

**POZOLE DAY** 11  
Mexican Soup made with Hominy, Pork & Chiles  
Topped with Cabbage, Radish, Onion & Lime  
Tortilla Chips & Salsa  
Tangerines

**CHICKEN CHALUPAS** 12  
Seasoned Chicken and Cheese baked in a Chalupa Shell  
Refried Beans(L)& Spanish Rice  
Shredded Cabbage & Limes (O)  
Salsa Fresca (R/O)  
Sliced Peaches

**MEATBALL SUBS** 13  
Italian Meatballs on a toasty bun with Mozzarella Cheese & Tomato Sauce (R/O)  
Fresh Broccoli (DG)  
Apple

**BURGER BASH!** 14  
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

**TURKEY CLUB** 15  
Sliced Turkey with Turkey Bacon, Spinach & Tomato (R/O) on a Sub Roll  
Celery Sticks ((O)  
Yogurt Ranch Dressing  
Applesauce Cup

**STUDENT FAVORITE!** 18  
Bean(L)& Cheese Burrito  
Tortilla Chips & Cheese Cup  
Salsa Fresca (R/O)  
Cucumber Slices (O)  
Jicama Sticks (O)  
Apple

**TACO TUESDAY!** 19  
Seasoned Beef in a Crunchy Tortilla Shell  
Refried Beans (L) & Spanish Rice  
Shredded Cabbage & Limes (O)  
Carrot Sticks (R/O)  
Salsa Fresca  
Pears

**BBQ CHICKEN** 20  
BBQ Chicken  
Mac N Cheese  
Wheat Dinner Roll  
Spinach Side Salad (DG)  
Baked Tater Tots (S)  
Mixed Fruit Cup

**LASAGNA** 21  
Layers of Pasta, Cheese & Tomato Sauce  
Cucumber Slices (O)  
Jicama Sticks (O)  
Garlic Breadsticks  
Diced Peaches

**PUPIL FREE DAY** 22



**STUDENT FAVORITE!** 25  
Chicken Sandwich  
Or Veggie Burger on a bun  
Lettuce (DG) & Tomato (R/O)  
Baked Potato Wedges (S)  
Cucumber Slices (O)  
Pears

**TERIYAKI BEEF** 26  
Teriyaki Beef with Steamed Brown Rice  
Garlic Breadstick  
Steamed Broccoli (DG)  
Steamed Corn (S)  
Mixed Fruit Cup

**CHICKEN & WAFFLES!** 27  
Roasted Chicken  
Toasty Waffles  
Sugar Free Maple Syrup  
Mashed Potatoes (S)  
Roasted Butternut Squash( R/O)  
Peaches

**MAC & CHEESE!** 28  
Hot Dog on a bun  
Chopped Onions & Peppers  
Macaroni & Cheese  
Fresh Carrot Sticks (R/O)  
Hummus (L)  
Apple

**TOSTADA SALAD BOWL** 29  
Tortilla Shell with Chicken or Beef, Spinach (DG), Carrots, Tomatoes, Cucumbers, Black Beans(L), Cheese & Salsa  
Applesauce Cup