

## K-12 BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>Revolution Foods Cocoa Critters Cereal (DF)</li> </ul> 1	<ul style="list-style-type: none"> <li>Yogurt &amp; Educational Snacks</li> </ul> 2
NATIONAL SCHOOL BREAKFAST WEEK				
<ul style="list-style-type: none"> <li>String Cheese &amp; Cinnamon Grahams</li> </ul> 5	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel &amp; Cream Cheese</li> </ul> 6	<ul style="list-style-type: none"> <li>HOT French Toast, Maple Turkey Sausage, and Egg Combo</li> </ul> 7	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble</li> </ul> 8	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> </ul> 9
<ul style="list-style-type: none"> <li>Zee Zees Berry Apple Crisp Bar (DF)</li> </ul> 12	<ul style="list-style-type: none"> <li>HOT Pancakes with Syrup</li> </ul> 13	<ul style="list-style-type: none"> <li>HOT Chicken Sausage and Omelet Gordita</li> </ul> 14	<ul style="list-style-type: none"> <li>Banana Muffin</li> </ul> 15	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel &amp; Cream Cheese</li> </ul> 16
<ul style="list-style-type: none"> <li>Revolution Foods Honey Buttons Cereal (DF)</li> </ul> 19	<ul style="list-style-type: none"> <li>HOT Omelet with Cheese</li> </ul> 20	<ul style="list-style-type: none"> <li>French Toast Muffin</li> </ul> 21	<ul style="list-style-type: none"> <li>HOT French Toast, Maple Turkey Sausage, and Egg Combo</li> </ul> 22	<ul style="list-style-type: none"> <li>Jumpstart Breakfast: Mini Dipperdoodle &amp; String Cheese</li> </ul> 23
26	27	28	29	30

### What's New?

**National School Breakfast Week** is March 5 – 9!

Celebrate with our **NEW Breakfast Scrambles with Scoops!**

### did you know?

*studies show that students who eat breakfast have improved attention and memory, which leads to higher reading and math scores!*



**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

*This institution is an equal opportunity provider*

## PSN BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>Corn Chex (DF)</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel with Cream Cheese</li> <li>Yogurt &amp; Educational Snacks</li> </ul>
			1	2
NATIONAL SCHOOL BREAKFAST WEEK				
<ul style="list-style-type: none"> <li>String Cheese &amp; Cinnamon Grahams</li> <li>Cheerios (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Omelet with Cheese</li> <li>Plain Whole Wheat Bagel &amp; Cream Cheese</li> <li>Multigrain Cereal (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast Sticks</li> <li>Yogurt &amp; CINN Grahams</li> <li>French Toast Muffin</li> </ul>	<ul style="list-style-type: none"> <li>HOT Classic Chicken Sausage and Cheddar Brekwich (English Muffin)</li> <li>Corn Chex (DF)</li> <li>Breakfast Cinnamon Crumble</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> <li>COLD Turkey and Cheddar Brekwich (English Muffin)</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>Yogurt &amp; Educational Snacks</li> <li>Corn Chex (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Pancakes with Syrup</li> </ul>	<ul style="list-style-type: none"> <li>HOT Chicken Sausage and Omelet Gordita</li> </ul>	<ul style="list-style-type: none"> <li>Banana Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Plain Whole Wheat Bagel &amp; Cream Cheese</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>Cheerios (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT Omelet with Cheese</li> </ul>	<ul style="list-style-type: none"> <li>French Toast Muffin</li> </ul>	<ul style="list-style-type: none"> <li>HOT French Toast, Maple Turkey Sausage, and Egg Combo</li> </ul>	<ul style="list-style-type: none"> <li>HONEY Grahams &amp; Cinnamon Rumbles</li> </ul>
19	20	21	22	23
26	27	28	29	30

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## K-12 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>Veggie Taco Salad (VG)</li> <li>Chopped Lettuce and Sliced Tomatoes with ranch</li> </ul>	<ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Glazed Carrots</li> </ul>
			1	2
<ul style="list-style-type: none"> <li>Mighty Meaty Deli Combo Sandwich</li> <li>Green Peas</li> </ul>	<ul style="list-style-type: none"> <li>Bean and Cheese Burrito (VG)</li> <li>Chillin' Chinese Chicken Noodles</li> <li>Baby Carrots &amp; Edamame</li> </ul>	<ul style="list-style-type: none"> <li>Turkey and Cheddar Sandwich</li> <li>Cheesy Pizza Bite Meal (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Sunny Sandwich Kit</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Taco Trio (VG)</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Sweet Potatoes</li> </ul>
5	6	7	8	9
<ul style="list-style-type: none"> <li>Philly Cheese Steak Sandwich</li> <li>Sunny Sandwich Kit</li> <li>Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>The Revolution Hot Dog (DF)</li> <li>Taco Dippers Kit (VG)</li> <li>Grape Tomato &amp; Pinto Beans</li> </ul>	<ul style="list-style-type: none"> <li>Rainbow Veggie Pizza</li> <li>Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Oven Roasted Chicken Sandwich (DF)</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Chopped Lettuce and Tomatoes with RANCH</li> </ul>	<ul style="list-style-type: none"> <li>Five Cheese Lasagna (VG)</li> <li>BBQ Chicken Wrap</li> <li>Steamed Corn</li> </ul>
12	13	14	15	16
<ul style="list-style-type: none"> <li>Classic Spaghetti and Meatballs (DF)</li> <li>Cheddar Cheese Sandwich</li> <li>Green Peas</li> </ul>	<ul style="list-style-type: none"> <li>Kickin Chicken Melt Sandwich</li> <li>Baby Carrots &amp; Pinto Beans</li> </ul>	<ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Sunny Sandwich Kit (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Enchiladas</li> <li>Southwest Veggie Wrap (VG)</li> <li>Blanched Broccoli Florets with RANCH</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Potstickers with Not-So-Fried Rice</li> <li>Egg Salad Sandwich (VG)</li> <li>Glazed Carrots</li> </ul>
19	20	21	22	23
26	27	28	29	30

## What's New?

Join the Pizza Party!  
Try our new **Veggie Pizza** with all of its cheesy deliciousness.

Look for it on **DATE**.



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

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## PSN LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>Five Cheese Lasagna</li> <li>Crispy Chicken Sandwich</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> 1	<ul style="list-style-type: none"> <li>Oven Roasted Chicken Sandwich (DF)</li> <li>(DF)</li> <li>Glazed Carrots</li> </ul> 2
<ul style="list-style-type: none"> <li>Mighty Meaty Deli Combo Sandwich</li> <li>Green Peas</li> </ul> 5	<ul style="list-style-type: none"> <li>General Tso's Chicken</li> <li>Bean and Cheese Burrito (VG) (DMV)</li> <li>(DF)</li> <li>Pinto Beans &amp; Diced Carrots</li> </ul> 6	<ul style="list-style-type: none"> <li>Cheesy Pizza Bite Meal (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul> 7	<ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> 8	<ul style="list-style-type: none"> <li>Chicken Taco Trio</li> <li>Spaghetti Marinara with Mozzarella (VG)</li> <li>Sweet Potatoes</li> </ul> 9
<ul style="list-style-type: none"> <li>Philly Cheese Steak Sandwich</li> <li>Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> <li>Steamed Carrots</li> </ul> 12	<ul style="list-style-type: none"> <li>Kickin Chicken Melt Sandwich</li> <li>Taco Dippers Kit (VG)</li> <li>Pinto Beans &amp; Tomatoes</li> </ul> 13	<ul style="list-style-type: none"> <li>Rainbow Veggie Pizza (VG)</li> <li>Mighty Meaty Deli Combo Sandwich</li> <li>Chilled, Seasoned Green Beans</li> </ul> 14	<ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> 15	<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (PSN)</li> <li>Five Cheese Lasagna (VG)</li> <li>Steamed Corn</li> </ul> 16
<ul style="list-style-type: none"> <li>Spaghetti Marinara with Mozzarella (VG)</li> <li>Green Peas</li> </ul> 19	<ul style="list-style-type: none"> <li>Kickin Chicken Melt Sandwich</li> <li>Hearty Veggie Chili (VG)</li> <li>Pinto Beans &amp; Diced Carrots</li> </ul> 20	<ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Cheddar Cheese Sandwich</li> <li>Chilled, Seasoned Green Beans</li> </ul> 21	<ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites</li> <li>Blanched Broccoli Florets with RANCH</li> </ul> 22	<ul style="list-style-type: none"> <li>Buffalo Chicken Sandwich</li> <li>Egg Salad Sandwich (VG) (DF)</li> <li>Glazed Carrots</li> </ul> 23
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