


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Cafeteria Information
		3/1/23	3/2/23	3/3/23	<b>Breakfast</b>
This institution is an equal opportunity provider.	Eat 1/2 cup of fruits and vegetables with every meal! 	Maple Pancakes, Sausage Links, Applesauce, 100% Fruit Juice Variety, Milk Variety	Breakfast Combo Bar (Hashbrown, Ham & Cheese), Apple Frudel, Fruit Cocktail, 100% Fruit Juice Variety, Milk Variety	Muffin Choice, Yogurt, Tropical Fruit, 100% Fruit Juice Variety, Milk Variety	<b>Breakfast</b> <b>Choice of one Entrée</b> Item Featured on Menu OR Cereal, Cereal Bar w/ Cheese Stick <b>Choose One Side</b> Assorted Fruits <b>Choose One</b> White or Chocolate Milk
3/6/23	3/7/23	3/8/23	3/9/23	3/10/23	<b>Lunch</b>
WG Cereal Variety, String Cheese, Fresh Orange, 100% Fruit Juice Variety, Milk Variety	Cinnamon French Toast w/ Syrup, Sausage Links, Fresh Banana, 100% Fruit Juice Variety, Milk Variety	Scrambled Egg & Bacon Pizza, Mandarin Oranges, 100% Fruit Juice Variety, Milk Variety	Egg Biscuit, Pineapple Chunks, 100% Fruit Juice Variety, Milk Variety	Ultimate Breakfast Round, Yogurt, Tropical Fruit, 100% Fruit Juice Variety, Milk Variety	<b>RVH Lunch</b> Students must select at least one fruit or vegetable and two other menu items. Students may select all of the items on the featured menu. * <b>GMS / GHS Lunch</b> <b>Choice of one Entrée</b> <b>Main Line</b> - Select one Entrée from Featured Menu. <b>Alt. Line</b> - Rotates Daily (Choice of Chicken Sandwich, Trojan Burger, Pizza, BBQ Rib on a Bun or Crisпитos) <b>Cold Deli Line - All items Offered Daily:</b> Chef Salad Strawberry or Blueberry Yogurt Parfait Cubed Cheese, Grape & Cracker Cups Ham or Turkey Sandwich w/ Doritos * <b>Choose up to Three Sides</b> Side Salad, Assorted Fresh Fruit, Assorted Canned Fruit, Featured Vegetables, Grains & Desserts * <b>Choose One</b> White or Chocolate Milk
3/13/23	3/14/23	3/15/23	3/16/23	3/17/23	
<b>Spring Break</b>					
3/20/23	3/21/23	3/22/23	3/23/23	3/24/23	
WG Cereal Variety, String Cheese, Sliced Peaches, 100% Fruit Juice Variety, Milk Variety	Sausage Biscuit, Fresh Apple, 100% Fruit Juice Variety, Milk Variety	Breakfast Tornado, Fruit Cocktail, 100% Fruit Juice Variety, Milk Variety	Pancake on a Stick, Applesauce, 100% Fruit Juice Variety, Milk Variety	French Toast Sticks w/ Syrup, Yogurt, Sliced Pears, 100% Fruit Juice Variety, Milk Variety	
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23	
Cereal or Cereal Bar, Mozz Cheese Stick, Fruit Cup, 100% Fruit Juice Variety, Milk Variety	Apple Bosco Stick, Egg Patty, Sliced Pears, 100% Fruit Juice Variety, Milk Variety	Breakfast Pizza, Tropical Fruit, 100% Fruit Juice Variety, Milk Variety	Breakfast Combo Bar (Hashbrown, Ham & Cheese), Apple Frudel, Sliced Pineapple, 100% Fruit Juice Variety, Milk Variety	Blueberry Waffles w/ Syrup, Yogurt, Fresh Banana, 100% Fruit Juice Variety, Milk Variety	
<b>This Menu is Subject to Change Without Notice</b>					