

March 2021 SFSP K-12 Hybrid Combo A Lunch Menu (with options for In-School (Hot, Hot Vegetarian & Cold) & Virtual (Cold Distant Bundle))

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Lunch	Meatball Sub w/ Mozzarella Cheese WG Bun Cool Ranch Doritos Steamed Corn Fruit of the Day / Milk (OVS)	Sweet & Sour Chicken Seasoned Rice Crisp Salad & Homemade Dressing Fruit of the Day Fortune Cookie & Milk (OVS)	Hearty Walking Beef Taco Nacho Cheese Chips & Homemade Taco Meat, Shredded Cheese Cheesy Refried Beans Fruit of the Day / Milk (OVS)	Chicken Fritter Wrap w/ Youza Sauce Chicken Fritters, WG Tortilla Cheese & Youza Sauce Baby Carrots & Ranch Fruit of the Day / Milk (OVS)	Beef Stroganoff Grated Parmesan Chz w/ Parsley Wheat Dinner Roll Steamed Mixed Vegetables Fruit of the Day / Milk (OVS)
Bundle Lunch	Cheese Bun & Cool Ranch Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Breaded Chicken Patty & Bun Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	All Beef Hamburger & Bun Baked Cheetos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Sunseeds & Amazin Raisins Pack Cheese Stick & Cheetos Veggie of the Day/Week & Milk (OVS)	4.6 oz Wowbutter & Jelly Sandwich Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)
Hot Lunch	Premium Chicken Nuggets Ketchup Nacho Cheese Doritos Steamed Sweet Corn Fruit of the Day / Milk (OVS)	All Beef Hamburger WG Bun & Ketchup Cheetos Steamed Green Beans Fruit of the Day / Milk (OVS)	Hawaiian Teriyaki Grilled Chicken Sandwich Sweet Chili Doritos Garden Salad & Dressing Fruit of the Day Milk (OVS)	Brunch Lunch French Toast Sticks & Syrup 100% V Juice Fruit of the Day Milk (OVS)	Build your Own Beef & Chz Nachos Tortilla Chips, Seasoned Beef Cheddar Chz Cup & Sour Cream Cheesy Refried Beans Fruit of the Day / Milk (OVS)
Bundle Lunch	Cheese Bun & Nacho Cheese Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Chicken Corn Dog & Lemon Blueberry Bites Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Italian Calzone Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Bean & Cheese Burrito & Corn Chips Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Hot Dog & Bun Cheetos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)
Hot Lunch	Juicy Mozzarella Burger WG Bun & Ketchup Cool Ranch Doritos Steamed Sweet Corn Fruit of the Day / Milk (OVS)	Golden Chicken Tenders Ranch Dip Mini Goldfish Crackers Steamed Green Beans Fruit of the Day / Milk (OVS)	Cheesy Quesadilla Steamed Corn Fruit of the Day Elf Grahams Milk (OVS)	Sesame Chicken Steamed Rice Crisp Celery Sticks Fruit of the Day Milk (OVS)	Meatball Mac & Cheese Dinner Roll Caesar Salad w/ Caesar Dressing Fruit of the Day Milk (OVS)
Bundle Lunch	Cheese Bun Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Make Your Own Nachos Chz Cup, String Chz & Corn Chips Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	WOW Butter Cup & Bagel Honey Roasted Sun Seeds Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Wrapped Chz Omelette & 2 oz Snack Bread Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Meatballs & Ketchup Nacho Cheese Chips Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)
Hot Lunch	No School	No School	No School	No School	No School
Bundle Lunch	Cheese Bun & Cool Ranch Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Breaded Chicken Patty & Bun Mixed Berry Animal Crackers Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	All Beef Hamburger & Bun Nacho Cheese Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Cheesy Pull-Apart Bread Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	4.6 oz Wowbutter & Jelly Sandwich Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)
Hot Lunch	Mongolian Meatballs Steamed Rice Baby Carrots & Ranch Fruit of the Day Milk (OVS)	Cheddar Chicken Patty Sandwich WG Bun, Breaded Chicken Patty Cheddar Cheese, Ketchup Sweet Corn & Lemon Blueberry Bites Fruit of the Day / Milk (OVS)	Brunch Lunch French Toast Sticks, Wild Blueberries Syrup 100% V Juice & Fruit of the Day Milk (OVS)	<p>Food that grows above ground Fruits and Vegetables that grow above the ground are generally low in calories. They are mostly colorful. Leafy vegetables, cruciferous vegetables fall under this category. Cucumbers, Lettuce, Peppers, Tomatoes, Kale, Cabbage etc.</p> <p>Food that grows under ground Fruits and vegetables that grow under the ground absorb nutrients directly from soil and are rich in Carbs. They have a distinctive earthy flavor. Beets, Carrots, Potatoes, Turnips, Yams, Jicama etc.</p>	
Bundle Lunch	Cheese Bun & Nacho Cheese Doritos Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Chicken Corn Dog & Lemon Blueberry Bites Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)	Italian Calzone Veggie of the Day/Week Fruit of the Day/Week & Milk (OVS)		

Weeks	Vegetarian Lunch Options are Offered Daily (Served with Veggie & Fruit of the Day)*				
I,III,V	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Garden Burger	Cheese Calzone	Pizza Crunchers w/Italian Dip	Mac & Cheese	Wild Mikes Cheese Bites & Italian Dip
Cold	Cheese Bun	Yogurt Cup, Cheese Stick & Muffin	Wow Butter Cup, Cheese Stick & Bagel	Cheese Sandwich on Wheat Bread	Sun Seeds & Raisins Pack (Has 1/2 c Ea. Fruit), Chz Stick & Strawberry Bolt
II,IV,VI	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Veg	Cheese Quesadilla & Cholula	Cheese Lasagna	Cheesy Pull Apart Bread	Bean & Cheese Burrito	Grilled Cheese Sandwich
Cold	Yogurt, Cheese Cubes & Stuffed Cream Cheese Bagel	Cheese Cup, String Cheese & Tortilla	Cheese Bun	4.6 oz Wowbutter & Jelly Sandwich	Egg Salad Bun

*Skim and 1% milk choices offered daily.

*All Bread/Chips/Tortillas listed in the menu are whole-grain products.

March 2021 SFSP K-12 Bag Breakfast Menu No Cereal

	Monday	Tuesday	Wednesday	Thursday	Friday
Week V	1	2	3	4	5
Breakfast	Assorted Breakfast Bread (1 item)	Assorted Cereal Bar (1 item)	Pop Tart (1 item)	Strawberry Fruit Boli (1 Item)	Assorted Cereal Bar (1 item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)
* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily					
Week VI	8	9	10	11	12
Breakfast	1.5 oz Breakfast Brekkie (1 item)	Honey Bun (1 Item)	Assorted Muffin (1 item)	Stuffed Cream Cheese Bagel (1 Item)	Buttery Maple Waffle (1 Item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)
* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily					
Week I	15	16	17	18	19
Breakfast	Assorted Cereal Bar (1 item)	Mini French Toast Bag (1 Item)	Mini Cinnis (1 Item)	WG Apple Donut (1 Item)	Assorted Cereal Bar (1 Item)
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)
* Second item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily					
Week II	22	23	24	25	26
Breakfast	No School	No School	No School	No School	No School
Three items meet USDA Requirements (One item must be fruit)	No School	No School	No School	No School	No School
* Second item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily					
Week III	29	30	31		
Breakfast	Assorted Muffin (1 item)	Mini Waffle Bag (1 Item)	Cinnamon Roll (1 item)	<p>Food that grows above ground Fruits and Vegetables that grow above the ground are generally low in calories. They are mostly colorful. Leafy vegetables, cruciferous vegetables fall under this category. Cucumbers, Lettuce, Peppers, Tomatoes, Kale, Cabbage etc.</p> <p>Food that grows under ground Fruits and vegetables that grow under ground absorb nutrients directly from soil and are rich in Carbs. They have a distinctive earthy flavor. Beets, Carrots, Potatoes, Turnips, Yams, Jicama etc.</p>	
Three items meet USDA Requirements (One item must be fruit)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)	100% 4 oz Juice (1 item) Second Item (1 Item) * Milk (OVS)		
* Second Item in breakfast could be one of the following: Applesauce, Craisins, Cheese Stick, Cereal Bar (all options are 1 item each) * Chef's Choice may be offered daily					