

March BREAKFAST



Mark West Union School District

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 2 Vanilla Concha Cheerios Cereal French Toast Sticks | 3 Chocolate Chip Muffin Top Honey Bunches of Oats Mini Pancakes | 4 Cinnamon Swirl Cheerios Cereal English Muffin Breakfast Sandwich | 5 Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes | 6 Strawberry Yogurt Parfait w/Granola Cinnamon Chex Cereal Egg Scramble & Biscuit |
| 9 Cinnamon Crumble Honey Bunches of Oats Breakfast Apple Hand Pie (V) | 10 Mantecada Muffin Cinnamon Chex Cereal Croissant Breakfast Sandwich | 11 Conchita w/ String Cheese Cheerios Cereal Mini Pancake | 12 Yogurt & Grahams Cinnamon Chex Cereal Stuffed Waffle | 13 Chocolate Chip Muffin Top Honey Bunches of Oats French Toast Sticks (V) |
| 16 Spring Break - No School March 16th - March 20th | | | | |
| 23 Cinnamon Crumble Honey Bunches of Oats | 24 Mantecada Muffin Cinnamon Chex Cereal Croissant Breakfast Sandwich | 25 Conchita w/ String Cheese Cheerios Cereal Mini Pancake | 26 Smoothie & Granola Cinnamon Chex Cereal Stuffed Waffle | 27 Chocolate Chip Muffin Top Honey Bunches of Oats Pancake Sandwich |
| 30 Vanilla Concha Cheerios Cereal French Toast Sticks | 31 Mantecada Muffin Honey Bunches of Oats Mini Pancakes | 1 Cinnamon Swirl Cheerios Cereal English Muffin Breakfast Sandwich | 2 Blueberry Muffin Honey Bunches of Oats Cereal Mini Pancakes | 3 Yogurt & Grahams Cinnamon Chex Cereal Egg Scramble & Biscuit |
| Breakfast Includes: | Featured Fruit: | | RevUp Rewards: | |
| Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams *All grains are wholegrain rich | Apples, Apple Slices, Applesauce Cups, Bananas, Oranges, Pears, Raisins, 100% Fruit Juice Seasonal Fruit: Blood Oranges | | Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards | |



March LUNCH



Mark West Union School District

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 Cheeseburger & Fries Chicken Bites w/ Mashed Potatoes "P"B&J BYO Kit w/ Corn Tajin (V) | 3 Pizza Bites w/ Marinara Sauce (V) Chicken Dumplings w/ Not So Fried Rice Bean & Cheese Burrito w/ Baby Carrots (V) Cheese Pizza Kit (V) | 4 BBQ Chicken w/ Baked Beans Cheese Tamale w/ Black Beans (V) Veggie Chef Salad (V) | 5 Penne Pasta w/ Meatsauce Grilled Cheese w/ Baby Carrots (V) Beef Taco Stick w/ Baby Carrots (V) Mantecada Muffin, Yogurt, String Cheese Kit (V) | 6 Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich |
| 9 Crispy Chicken Sandwich & Fries Veggie Burger & Wedges BYO "P"B&J Kit w/ Corn Tajin (V) | 10 Chicken Tamale w/ Mixed Veg Mac & Cheese w/ Mixed Veg (V) Bean & Cheese Burrito w/ Baby Carrots (V) Turkey & Cheese Sub Sandwich | 11 Chicken Teriyaki w/ Diced Carrots & Not So Fried Rice Cheese Lasagna (V) Grilled Cheese w/ Fava Beans (V) Cheese Pizza Kit (V) | 12 Turkey Nachos w/ Tortilla Chips Grilled Cheese w/ Fava Beans (V) Veggie Chef Salad (V) | 13 Pepperoni Pizza Cheese Pizza (V) BYO "P"B&J Kit (V) |
| 16 - 20 Spring Break - No School March 16th - March 20th | | | | |
| 23 Cheeseburger & Fries Veggie Burger & Wedges BYO "P"B&J Kit w/ Corn Tajin (V) | 24 Pizza Bites w/ Marinara Sauce (V) Chicken Dumplings w/ Not So Fried Rice Bean & Cheese Burrito w/ Baby Carrots (V) Cheese Pizza Kit (V) | 25 Turkey Nachos w/ Tortilla Chips Grilled Cheese w/ Fava Beans (V) Veggie Chef Salad (V) | 26 Cheese Lasagna (V) Pizza Bites w/ Marinara Sauce (V) Beef Taco Stick w/ Baby Carrots (V) Mantecada Muffin, Yogurt, String Cheese Kit (V) | 27 Pepperoni Pizza Cheese Pizza (V) BYO "P"B&J Kit (V) |
| 30 Hot Dog & Fries Chicken Bites & Mashed Potatoes BYO "P"B&J Kit w/ Corn Tajin (V) | 31 Chicken Tamale w/ Mixed Veg Mac & Cheese w/ Mixed Veg (V) Bean & Cheese Burrito w/ Baby Carrots (V) Turkey & Cheese Sub Sandwich | 1 Chicken Teriyaki w/ Diced Carrots & Not So Fried Rice Grilled Cheese w/ Fava Beans (V) Beef Taco Stick w/ Baby Carrots Cheese Pizza Kit (V) | 2 Turkey Nachos w/ Tortilla Chips Grilled Cheese w/ Fava Beans (V) Veggie Chef Salad (V) | 3 Pepperoni Pizza Cheese Pizza (V) Turkey & Cheese Sub Sandwich |
| Lunch Includes: | Veg of the Day: | Featured Fruit: | RevUp Rewards: | |
| Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance *All grains are whole grain rich | Monday: French Fries/ Corn Tuesday: Baby Carrots Wednesday: Cucumber / Celery Thursday: Crispy Beans Friday: Side Salad w/ Dressing | Apples, Apple Slices, Bananas, Pears, Oranges 100% Juice Seasonal: Tangerines | Scan Our QR Code Daily Rate the Meal You Ate You're Entered to Win! Drawings Monthly Learn More and See Prizes: www.revolutionfoods.com/revuprewards | |

