



# March Breakfast Menu

## BISHOP JOHN WALKER SCHOOL BREAKFAST

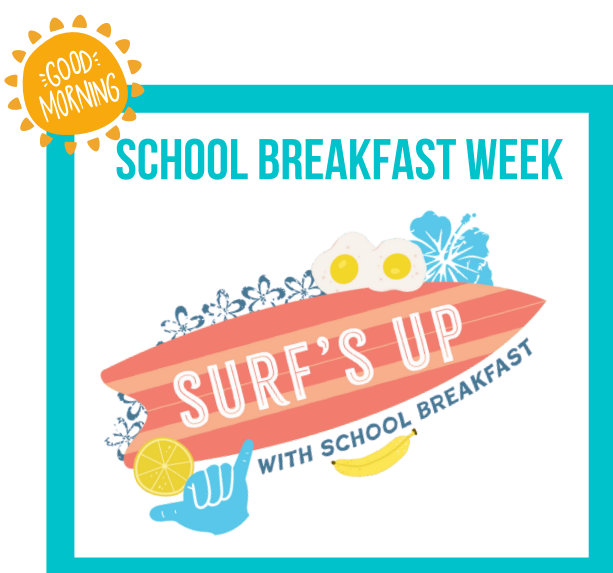
What do the colors on the menu mean?






- GREEN** = locally-sourced
- = vegetarian entree

All grains served are whole grain rich  
**Student's choice of skim or 1% milk provided at every meal.**

Menu subject to change based on availability

This institution is an equal opportunity provider



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> <li>• <b>fresh apple</b></li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• blueberry chex</li> <li>• graham crackers</li> <li>• <b>fresh pear</b></li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• pineapple <b>carrot</b> bread</li> <li>• cheese stick</li> <li>• <b>fresh apple</b></li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• fresh banana</li> <li>• 100% orange juice</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• croissant</li> <li>• cheese stick</li> <li>• jelly</li> <li>• butter</li> <li>• fresh cantaloupe</li> </ul> 
<b>national school breakfast week</b>				
<b>11</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• <b>fresh apple</b></li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• muffin top</li> <li>• cheese stick</li> <li>• <b>fresh pear</b></li> </ul> 	<b>13</b> <ul style="list-style-type: none"> <li>• honey cheerios</li> <li>• graham crackers</li> <li>• fresh orange</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• strawberry parfait</li> <li>• <b>whole grain granola</b></li> <li>• fresh banana</li> </ul> 	<b>15</b> <ul style="list-style-type: none"> <li>• banana bread</li> <li>• fresh cantaloupe</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> <li>• <b>fresh apple</b></li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• frosted flakes</li> <li>• graham crackers</li> <li>• <b>fresh pear</b></li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• <b>bueberry bread</b></li> <li>• fresh orange</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• fresh banana</li> <li>• 100% orange juice</li> </ul>	<b>22</b> <p style="text-align: center;"><b>no school</b></p>
<b>25</b> <ul style="list-style-type: none"> <li>• cinnamon chex cereal</li> <li>• graham crackers</li> <li>• <b>fresh apple</b></li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• <b>whole grain granola</b></li> <li>• <b>fresh pear</b></li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• fresh orange</li> </ul>	<b>28</b>  <p style="text-align: center;"><b>no school</b></p>	<b>29</b>  <p style="text-align: center;"><b>no school</b></p>
<b>4/1</b> <p style="text-align: center;"><b>no school</b></p>	<b>4/2</b> <p style="text-align: center;"><b>no school</b></p>	<b>4/3</b> <p style="text-align: center;"><b>no school</b></p>	<b>4/4</b> <p style="text-align: center;"><b>no school</b></p>	<b>4/5</b> <p style="text-align: center;"><b>no school</b></p>



# March Lunch Menu

## BISHOP JOHN WALKER SCHOOL LUNCH

What do the colors on the menu mean?

**GREEN** = locally-sourced

= vegetarian entree

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### NATIONAL NUTRITION MONTH

March is National Nutrition Month!  
 This year we are celebrating by going Beyond the Table and highlighting local menu options.

#### Local options

- CHICKEN DRUMS
- FISH
- CABBAGE
- BROCCOLI
- CAULIFLOWER
- PEARS
- APPLES
- CORN
- SQUASH
- POTATOES
- KALE
- COLLARD GREENS
- GREEN BEANS
- LETTUCE
- GRANOLA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> <ul style="list-style-type: none"> <li>all beef hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>sauteed cabbage</li> <li>ketchup &amp; mustard</li> <li>fresh pear</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>cajun fish tacos</li> <li>bean &amp; cheese tacos </li> <li>baja cream sauce</li> <li>steamed corn</li> <li>tangy cilantro lime slaw</li> <li>fresh orange wedges</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>herb roasted chicken drum </li> <li>veggie chik'n nuggets</li> <li>cornbread muffin</li> <li>butternut squash puree</li> <li>roasted cauliflower</li> <li>ketchup</li> <li>100% apple juice</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>chicken alfredo</li> <li>veggie chik'n nugget alfredo </li> <li>whole grain penne</li> <li>steamed broccoli</li> <li>steamed carrots</li> <li>fresh cantaloupe</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>grilled cheese</li> <li>sweet potato fries</li> <li>steamed green peas</li> <li>ketchup</li> <li>fresh apple</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>mixed greens salad</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>fresh pear</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos</li> <li>bean &amp; cheese nachos </li> <li>southwest taco corn</li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>chicken stir fry</li> <li>super sesame tofu </li> <li>brown rice</li> <li>asian kale slaw</li> <li>steamed carrots</li> <li>100% apple juice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>jazzy black eyed peas</li> <li>coleslaw</li> <li>fresh cantaloupe</li> </ul>	<b>15</b> <p><b>breakfast for lunch!</b></p> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>whole grain waffles</li> <li>sauteed spinach</li> <li>sweet potato hash</li> <li>all-natural syrup</li> <li>hot sauce</li> <li>fresh apple</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>beef burger</li> <li>veggie burger </li> <li>whole grain bun</li> <li>lettuce &amp; tomato</li> <li>buffalo cauliflower</li> <li>ketchup &amp; mustard</li> <li>fresh pear</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>cumin lime chicken tacos</li> <li>cheese quesadilla </li> <li>chili black beans</li> <li>sauteed peppers &amp; onions</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>buffalo veggie chik'n </li> <li>mac &amp; cheese</li> <li>whole grain roll</li> <li>cinnamon roasted butternut squash</li> <li>braised collard greens</li> <li>100% apple juice</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>turkey meatballs</li> <li>tofu bolognese </li> <li>mushroom bolognese</li> <li>whole grain spaghetti</li> <li>mixed greens salad</li> <li>italian dressing</li> <li>fresh cantaloupe</li> </ul>	<b>22</b> <p>no school</p>
<b>25</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>roasted broccoli</li> <li>steamed corn</li> <li>fresh pear</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>beef &amp; cheese tacos</li> <li>sofritas tacos </li> <li>chipotle pinto beans</li> <li>roasted tomato salsa</li> <li>fresh orange wedges</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>glazed carrots</li> <li>asian broccoli</li> <li>100% apple juice</li> </ul>	<b>28</b> <p>no school</p>	<b>29</b> <p>no school</p>
<b>4/1</b> <p>no school</p>	<b>4/2</b> <p>no school</p>	<b>4/3</b> <p>no school</p>	<b>4/4</b> <p>no school</p>	<b>4/5</b> <p>no school</p>