

Juice & Fruit served with Breakfast

Milk served with every mea

Menu subject to change

Sweet Springs R – 7 School Menu

	Tuesday March 1	Wednesday Mar 2	Thursday Mar 3	Friday Mar 4
	Breakfast – Blue-berry Breakfast Delight, Yogurt Lunch – Chicken Fried Steak, Mashed Potatoes/Gravy, Peas, Flavored Applesauce, Choc Chip Cookie	Breakfast – Oatmeal (assorted toppings), Cinnamon Roll Lunch – Spaghetti & Meat Sauce, Whole Wheat Bread Stick, Corn, Pears	Breakfast – Sausage, Biscuit & Gravy Lunch – Hamburger/ Whole Wheat Bun, Baked Beans, French Fries, Fresh Fruit	Breakfast – Scrambled Eggs, Whole Wheat Toast, marg./ jelly Lunch – Pepperoni Stromboli, Carrots, Romaine Salad, Ranch Dressing, Pineapple Tidbits
Monday Mar 7	Tuesday Mar 8	Wednesday Mar 9	Thursday Mar 10	Friday Mar 11
Breakfast – Pancake /Syrup, Applesauce Cup Lunch – Chicken Strips, Mashed Potatoes/Gravy, Broccoli, Whole Wheat Bread, Mandarin Oranges	Breakfast – Egg Sliders, Yogurt Lunch – Hot Dog/ Bun, Tri Tator, Cucumber Slices, Mixed Fruit	Breakfast – Oatmeal (assorted toppings), Cinnamon Roll Lunch – Taco’s, Whole Wheat Tortilla, Diced Tomatoes, Lettuce, Cheese, Corn, Peaches, Sherbet	Breakfast – Sausage, Biscuit & Gravy Lunch – Chicken & Noodles, Carrots, Fresh Fruit, Rice Krispy Treat	Breakfast – French Toast Sticks/Syrup, Tropical Fruit Lunch – Pizza, Lima Beans, Romaine Salad, Ranch Dressing, Flavored Applesauce
Monday Mar 14	Tuesday Mar 15	Wednesday Mar 16	Thursday Mar 17	Friday Mar 18
Breakfast –Breakfast Pizza, Fruit Lunch – Chicken Nuggets, Macaroni & Cheese, Peas, Mixed Fruit, Whole Wheat Bread	Breakfast – Blue-Berry Pancakes/ Syrup, Yogurt Lunch – Sloppy Joes/ Whole Grain Bun, Baked Beans, French Fries, Pears	Breakfast – Oatmeal (assorted toppings), Cinnamon Roll Lunch – Salisbury Steak, Mashed Potatoes/Gravy, Carrots, Pineapple Tidbits, Bread	Breakfast – Sausage, Biscuit & Gravy Lunch – Chicken Strips, Hash Brown Casserole, Green Beans, Fresh Fruit, Sugar Cookie	Breakfast- Breakfast Burrito (egg, cheese) Applesauce Cup Lunch – Pizza, Cucumber Slices, Romaine Salad, Ranch Dressing, Mandarin Oranges
Monday Mar 21	Tuesday Mar 22	Wednesday Mar 23	Thursday Mar 24	Friday Mar 25
Breakfast – Pancake /Syrup, Frozen Strawberries Lunch – Corn Dog, Tri Tator, Broccoli, Mandarin Oranges	Breakfast – French Toast Sticks/ Syrup, Yogurt Lunch Chicken Fried Steak, Mashed Potatoes/ Gravy, Green Beans, Fresh Fruit, Whole Wheat Roll	No School	No School	No School
Monday Mar 28	Tuesday Mar 29	Wednesday Mar 30	Thursday Mar 31	
No School	No School	Breakfast – Oatmeal (assorted toppings), Banana Bread Lunch – Chicken Quesadilla, Seasoned Black Beans, Corn, Mixed Fruit	Breakfast – Sausage, Biscuit & Gravy Lunch – Riblette/ Whole Grain Bun, Peas, French Fries, Fresh Fruit	

