

## March 2023

HS GRAB & GO CHOICES
Cereal
Cereal Bar
Fruit
Yogurt
Milk
Juice

MILK SERVED DAILY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Breakfast Pizza  Meatball Subs Corn Sunchips Pears	2 Biscuit and Sausage  Chili Carrot/Dip Cheese/Crackers Cinnamon Rolls Applesauce	3 Biscuits and Gravy Chicken Patty Tater tots Green Beans Pineapple	4
5	6	7 Waffles  Sloppy Joes Potato Wedges Corn Peaches	8 Tornados  Turkey Sandwich Sun Chips Carrots/Dip Fruit Cups Cookie	9 Omelet Toast  Burritos Salad Refried Beans Pineapple	10 Biscuits and Gravy Chicken Strips Mac and Cheese Carrots Mixed Fruit	11
12	13	14 French Toast  Cheese Burger Potato Wedges Green Beans Peaches	15 Biscuits and Gravy  Spaghetti Bread Stick Broccoli Pears	16 Sausage Biscuit/Egg Chicken Quesadilla Salad Refried Beans Pineapple	17 Muffins/Sausage  Corn Dogs Cheesy Potatoes Carrots Peaches Cookie	18
19	20	21 Pancake on a Stick  BBQ Chicken Sandwich Baked Beans Broccoli/Dip Pears	22 Breakfast Burrito Chicken Alfredo Bread Sticks Green Beans Peaches	23 Sausage Biscuit Walking Taco Refried Beans Pineapple	24 Biscuits and Gravy  Chicken Strips Potato Wedges Carrots Mixed Fruit	25
26	27	28 Pancakes  Hot Turkey Sandwich Sun Chips Broccoli/Dip Peaches	29 Muffin/Oatmeal Pizza Salad Pears Cookie	30 Omelet Toast  Tater Tot Casserole Green Beans Hot Rolls Pineapple	31 Biscuits and Gravy Chicken Patty Potato Wedges Carrots Baked Apples	

<sup>&</sup>quot;This institution is an equal opportunity provider." On June 2, 2015 the Office of the Assistant Secretary for Civil Rights' Policy staff, released Departmental Regulation (DR) 4300-003, Equal Opportunity Public Notification Policy. The DR updates the nondiscrimination Statement and the "And Justice for All" poster. Provided is a link to the DR - <a href="http://dese.mo.gov/sites/default/files/DR-EquallOpportunity.pdf">http://dese.mo.gov/sites/default/files/DR-EquallOpportunity.pdf</a>. Please note, the USDA Nondiscrimination Statement provided above is appropriate for all Child Nutrition Programs