

March 2024

Mohawk Valley School Breakfast & Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

BREAKFAST
Whole Grain Toast
Assorted Jelly
Diced Peaches
Fresh Apples
LUNCH
Beef Asian Meatballs
Seasoned Brown Rice
Asian Vegetables
Baby Carrots
Pineapple Tidbits

Daily: Low Fat & Fat Free Milk Daily: Assorted Cereal & Graham Cracker or Cheese Stick items available for Breakfast

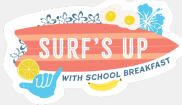
4

BREAKFAST
Breakfast Taco
Mild Salsa
Assorted Juice
Mixed Fruit
LUNCH
BBQ Pulled Pork
Seasoned Brown Rice
• Green Beans
Baby Carrots
Fresh Fruit



5

BREAKFAST
Whole Grain Pancakes
Syrup
Cinnamon Apple Slices
Fresh Grapes
LUNCH
Hot Turkey Ham & Cheese Sandwich
Baked Beans
Sweet Potato Fries
Fresh Fruit



6

BREAKFAST
Oatmeal w/Brown Sugar
ABC Graham Cracker
Mixed Fruit
Fresh Strawberries
LUNCH
Cheeseburgers
Steamed Broccoli
Corn
Fresh Fruit



7

BREAKFAST
Mini Cinnamon Rolls
Assorted Yogurt
Tater Tots
Diced Peaches
LUNCH
Chicken Nuggets
Dinner Roll
Honey Dilled Carrots
Roasted Cauliflower
Fresh Fruit



8

BREAKFAST
Apple Pie Overnight Pie
Fresh Fruit
Assorted Juice
Assorted Milk
LUNCH
Spaghetti w/Meat Sauce
WG Garlic Breadsticks
Romaine Salad w/ Ranch Dressing
Mixed Vegetables
Fresh Fruit



11

BREAKFAST
Egg & Sausage Sandwich
Pineapple Tidbits
Mixed Berries
Assorted Milk
LUNCH
Crunchy Hawaiian Chicken Wrap
• Celery Sticks
Lite Ranch Dressing
Steamed Carrots
Fresh Fruit

12

BREAKFAST
Cream Of Wheat
Whole Grain Toast
Assorted Jelly
Assorted Juice
Fresh Fruit
LUNCH
Cheese Quesadilla
Mild Salsa
Refried Beans
Steamed Broccoli
Fresh Fruit

13

BREAKFAST
Pancake on a Stick
Syrup
Applesauce Cup
Fresh Fruit
LUNCH
Pork Carnitas
WG Flour Tortilla
Corn
Romaine Salad
Fresh Fruit

14

BREAKFAST
Blueberry Muffin
• Assorted Yogurt
• Fruit Juice
Fresh Fruit
LUNCH
Mandarin Orange Chicken
Seasoned Brown Rice
Asian Vegetables
• Green Beans
Fresh Fruit

15

BREAKFAST
Western Omelet Quesadilla
Mild Salsa
Diced Peaches
Fresh Apple
LUNCH
Hamburger
• Lettuce & Tomato
Italian Potato
Rainbow Carrot Crunch
Fresh Fruit

18

BREAKFAST
Cinnamon Crisp w/ Fruit Salad
Diced Peaches
Assorted Juice
LUNCH
Bean & Cheese Burrito
Mexican Corn
Romaine Salad
Lite Ranch Dressing
Fresh Fruit

19

BREAKFAST
Waffle
Syrup
Fruit Cocktail
Fresh Fruit
LUNCH
Chicken Nugget
Dinner Roll
Mashed Potato
Mixed Vegetables
Fresh Fruit

20

BREAKFAST
Breakfast Burrito
Mild Salsa
Mandarin Oranges
Fresh Fruit
LUNCH
Chicken Teriyaki
Seasoned Brown Rice
Sweet & Sour Broccoli Salad
Carrots
Fresh Fruit

21

BREAKFAST
Toasted English Muffin
Egg Patty
Assorted Juice
Fresh Fruit
LUNCH
Corn Dog
Pinto Beans
French Fries
Fresh Fruit

22

BREAKFAST
Assorted Cereal
Sausage Patty
Orange Smiles
Assorted Juice
LUNCH
Beef Bake
Cilantro Lime Brown Rice
Lettuce & Tomato Garnish
Green Beans
Fresh Fruit

25

BREAKFAST
French Toast Sticks
Syrup
Sausage Patty
Assorted Juice
LUNCH
Turkey & Cheese Sub
Tomato Soup
Corn
Fresh Fruit

26

BREAKFAST
Breakfast Burrito
Mild Salsa
Fresh Apple
Fruit Cup
LUNCH
Chicken Filet Sandwich
French Fries
Steamed Broccoli
Fresh Fruit

27

BREAKFAST
WG Bagel
Peanut Butter
Fruit Cocktail
Fresh Fruit
LUNCH
Chicken Taco
Mild Salsa
Celery Sticks
Baked Beans
Fruit Cup

28

BREAKFAST
Blueberry Muffin
• Yogurt
Applesauce
Assorted Juice
LUNCH
Cheese Pizza Stick
Marinara Cup
Green Beans
Fresh Fruit
Applesauce Cup

29

BREAKFAST
Whole Grain Toast
Egg Patty
Fresh Apple
Fresh Fruit
LUNCH
Beef Asian Meatball
Seasoned Brown Rice
Asian Vegetables
Baby Carrots
Fresh Fruit

Served Daily: Breakfast: Cereal, graham cracker or cheese sticks, Variety of Milk Lunch: Veggies, Fresh or Canned Fruit, Variety of Milk
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