


## Farrell Area Schools Head Start Breakfast Menu March 2019

	Monday		Wednesday	Thursday	Friday
					<b>1</b> <b>ASSORTED CEREAL</b> Orange Juice Milk
	<b>4</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>5</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>6</b> <b>MINI CINNIS</b> Orange Juice Milk	<b>7</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>8</b> <b>ASSORTED CEREAL</b> Orange Juice Milk
	<b>11</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>12</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>13</b> <b>MINI PANCAKES</b> Orange Juice Milk	<b>14</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>15</b> <b>ASSORTED CEREAL</b> Orange Juice Milk
All bread is whole grain	<b>18</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>19</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>20</b> <b>MINI CINNIS</b> Orange Juice Milk	<b>21</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>22</b> <b>ASSORTED CEREAL</b> Orange Juice Milk
Menu subject to change	<b>25</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>26</b> <b>ASSORTED CEREAL</b> Orange Juice Milk	<b>27</b> <b>MINI FRENCH TOAST</b> Orange Juice Milk	<b>28</b> <b>SPRING BREAK</b> <b>NO SCHOOL</b>	<b>29</b> <b>SPRING BREAK</b> <b>NO SCHOOL</b>

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

## Farrell Area Schools Head Start Lunch Menu March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>1</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk
	<b>4</b> <b>MEATBALL HOAGIE</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>5</b> <b>NACHOS GRANDE</b> on Whole Grain Tortilla Chips Corn or Black Beans 1/2 cup fresh or cupped fruit Low fat milk	<b>6</b> <b>CHEESE PIZZA</b> French Fries Fresh Carrots 1/2 cup fresh or cupped fruit Low fat milk	<b>7</b> <b>CHICKEN NUGGETS</b> Whole Grain Dinner Roll Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	<b>8</b> <b>ZITI PASTA with MEAT SAUCE</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
<p>Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other</p> <p>Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices</p>	<b>11</b> <b>SLOPPY JOES</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>12</b> <b>HOT HAM &amp; CHEESE SANDWICH</b> on Whole Grain Bun Steamed Broccoli 1/2 cup fresh or cupped fruit Low fat milk	<b>13</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	<b>14</b> <b>MEXICAN PIZZA</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>15</b> <b>ZITI PASTA with MEAT SAUCE</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
All bread is whole grain	<b>18</b> <b>TOASTED CHEESE SANDWICH</b> Tomato Soup 1/2 cup fresh or cupped fruit Low fat milk	<b>19</b> <b>CHEESE QUESADILLAS</b> Black Beans / Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>20</b> <b>TURKEY and CHEESE SUB</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>21</b> <b>SPAGHETTI with MEATBALLS</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) 1/2 cup fresh or cupped fruit Low fat milk	<b>23</b> <b>CHEESE PIZZA</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk
Menu subject to change	<b>25</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>26</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Black Beans / Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>27</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	<b>28</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	<b>29</b> <b>SEASHELLS with MEATSAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) 1/2 cup fresh or cupped fruit Low fat milk

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