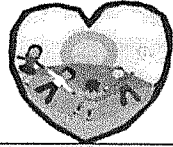
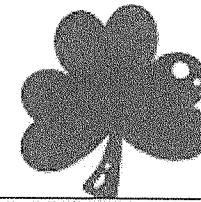


<b>Monday, 03/03</b> Cereal Banana Milk Variety	<b>Tuesday, 03/04</b> Pancakes Syrup Seasonal Fruit Milk Variety	<b>Wednesday, 3/5</b> Bagels Cream Cheese Pears Milk Variety	<b>Thursday, 3/06</b> Waffles Syrup Turkey Sausage Milk Variety	<b>Friday, 3/07</b> Cereal Banana Milk Variety
<b>Monday, 3/10</b> Waffles Syrup Turkey Sausage Milk Variety	<b>Tuesday, 3/11</b> Cereal Banana Milk Variety	<b>Wednesday, 3/12</b> Pancakes Syrup Seasonal Fruit Milk Variety	<b>Thursday, 3/13</b> Bagels Cream Cheese Pears Milk Variety	<b>Friday, 3/14</b> Cereal Banana Milk Variety
<b>Monday, 3/17</b> Waffles Syrup Turkey Sausage Milk Variety	<b>Tuesday, 3/18</b> Pancakes Syrup Seasonal Fruit Milk Variety	<b>Wednesday, 3/19</b> Cereal Banana Milk Variety	<b>Thursday, 3/20</b> Bagels Cream Cheese Pears Milk Variety	<b>Friday, 3/21</b> NO SCHOOL
<b>Monday, 3/25</b> SPRING BREAK NO SCHOOL	<b>Tuesday, 3/26</b> SPRING BREAK NO SCHOOL	<b>Wednesday, 3/27</b> SPRING BREAK NO SCHOOL	<b>Thursday, 3/28</b> SPRING BREAK NO SCHOOL	<b>Friday, 3/29</b> SPRING BREAK NO SCHOOL
				<b>NOTES:</b>
				<i>Lunch includes MILK (1% reduced fat). All Menus meet or exceed National School Lunch daily requirements.</i>

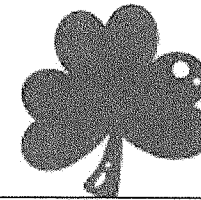
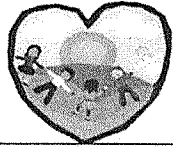
# Healthy Children Catering



## Academir West Charter--- Lunch March, 2014



<b>Monday, 03/03</b> Roasted Chicken Moro Carrots Mandarin Oranges Milk Variety	<b>Tuesday, 03/04</b> Spaghetti w/Meat Sauce Apple Slices Garlic Bread Milk Variety	<b>Wednesday, 3/5</b> Chicken Fricassee Yellow Rice Green Beans Milk Variety	<b>Thursday, 3/06</b> Fish Sticks Macaroni and Cheese Carrots Mandarin Oranges Milk Variety	<b>Friday, 3/07</b> Hamburger Pineapple Baked Beans Milk Variety
<b>Monday, 3/10</b> Arroz con Pollo" (Yellow rice w/ Chicken) Green Beans Apple Sauce Milk Variety	<b>Tuesday, 3/11</b> Whole Grain Beefaroni w/meat sauce Romaine Salad Banana Milk Variety	<b>Wednesday, 3/12</b> W. G Yellow Rice w/ Sausage Ham Croquettes Peas and carrots Peaches Milk Variety	<b>Thursday, 3/13</b> Grilled Chicken Breast Mashed Potatoes Carrots Pears Milk Variety	<b>Friday, 3/14</b> Hot Dogs Baked Beans Mandarin Oranges Milk Variety
<b>Monday, 3/17</b> Picadillo Moro Carrots Apple Slice Milk Variety	<b>Tuesday, 3/18</b> W.G Spaghetti Romaine Salad Banana Whole Wheat Roll Milk Variety	<b>Wednesday, 3/19</b> Chicken Nuggets Mashed Potatoes Corn Peaches Milk Variety	<b>Thursday, 3/20</b> Arroz con Pollo" (Yellow rice w/ Chicken) Green Beans Apple Sauce Milk Variety	<b>Friday, 3/21</b> NO SCHOOL
<b>Monday, 3/25</b> SPRING BREAK NO SCHOOL	<b>Tuesday, 3/26</b> SPRING BREAK NO SCHOOL	<b>Wednesday, 3/27</b> SPRING BREAK NO SCHOOL	<b>Thursday, 3/28</b> SPRING BREAK NO SCHOOL	<b>Friday, 3/29</b> SPRING BREAK NO SCHOOL
				<b>NOTES:</b> Lunch includes MILK (1% reduced fat). All Menus meet or exceed National School Lunch daily requirements.



<b>Monday, 03/03</b> Animal Cookies 100% Juice	<b>Tuesday, 03/04</b> Saltine Crackers Baby Carrots	<b>Wednesday, 3/5</b> Apple Slice Mandarin Oranges	<b>Thursday, 3/06</b> Low Sugar Cookies 100% Juice	<b>Friday, 3/07</b> Rice Crispy Treats 100% Juice
<b>Monday, 3/10</b> Pretzels 100% Juice	<b>Tuesday, 3/11</b> Apple Slice Animal Crackers	<b>Wednesday, 3/12</b> Animal Crackers 100% juice.	<b>Thursday, 3/13</b> Baby Carrots Cheese Sticks	<b>Friday, 3/14</b> Graham Crackers 100% Juice
<b>Monday, 3/17</b> Pretzels 100% Juice	<b>Tuesday, 3/18</b> Animal Cookies 100% Juice	<b>Wednesday, 3/19</b> Graham Crackers 100% Juice	<b>Thursday, 03/20</b> Low Sugar Cookies Mandarin Oranges	<b>Friday, 3/21</b> NO SCHOOL
<b>Monday, 3/25</b> SPRING BREAK NO SCHOOL	<b>Tuesday, 3/26</b> SPRING BREAK NO SCHOOL	<b>Wednesday, 3/27</b> SPRING BREAK NO SCHOOL	<b>Thursday, 3/28</b> SPRING BREAK NO SCHOOL	<b>Friday, 3/29</b> SPRING BREAK NO SCHOOL
				<b>NOTES:</b> <i>Lunch includes MILK (1% reduced fat). All Menus meet or exceed National School Lunch daily requirements.</i>