

ACADEMIR


MARCH

MONDAY

BREAKFAST: 1
 Fresh Fruit**
 Cereal
 Milk

LUNCH:
 Pulled Chicken
 Brown Rice
 Peas & Carrots
 Peaches
 Milk

SNACK:
 Juice
 Nut Free Trail Mix



TUESDAY

BREAKFAST: 2
 Pineapple
 Bagel *cream cheese*
 Milk

LUNCH:
 Picadillo
 Brown Rice
 Corn
 Plantains
 Mandarin Orange
 Milk

SNACK:
 Red Apple
 Goldfish Crackers

WEDNESDAY

BREAKFAST: 3
 Toast**
*Butter & Jelly***
 Pears
 Milk

LUNCH:
 Macaroni & Cheese
 Garlic Bread
 Broccoli, Cauliflower, Carrot
 Applesauce
 Milk

SNACK:
 Saltine Crackers
 Peaches**

THURSDAY

BREAKFAST: 4
 Banana
 Juice
 Blueberry Muffin
 Milk

LUNCH:
 Cuban Stew
 Moros
 Mixed Vegetables
 Roll
 Cantaloupe
 Milk

SNACK:
 Pretzels
 Juice

FRIDAY

BREAKFAST: 5
 Turkey Slices**
 Cheese Slices**
 Bread
 Applesauce
 Milk

LUNCH:
 Chicken Nuggets *ketchup*
 Mashed Potatoes
 Mixed Green Salad
Italian Dressing
 Roll
 Pears
 Milk

SNACK:
 Graham Crackers
 Yogurt

8

BREAKFAST:
 Peaches
 Cereal
 Milk

LUNCH:
 Baked Chicken
 Brown Rice
 Broccoli
 Sweet Potatoes Fries
 Pineapple
 Milk

SNACK:
 Tropical Mixed Fruit
 Yogurt

9

BREAKFAST:
 Cinnamon Raisin Bagel
Cream cheese
 Pears
 Milk

LUNCH:
 Beefaroni
 Corn
 Garlic Bread
 Applesauce
 Milk

SNACK:
 Blueberry Muffin
 Milk

10

BREAKFAST:
 Pineapple
 Bread
 Turkey Slices**
 Cheese Slices**
 Milk

LUNCH:
 Meatballs
 Brown Rice
 Black Beans
 Sliced Tomatoes
 Cantaloupe
 Milk

SNACK:
 Peaches
 Goldfish Crackers



11

BREAKFAST:
 Cinnamon Apple
 Blueberry Vanilla Bread
 Milk

LUNCH:
 Chicken Nuggets** *ketchup*
 Mixed Vegetable
 Broccoli
 Roll
 Mandarin Orange
 Milk

SNACK:
 Banana Bread
 Milk

12

BREAKFAST:
 Banana
 Morning Cookies
 Yogurt
 Juice
 Milk

LUNCH:
 Arroz con Pollo
 Green Beans
 Mixed Green Salad
Ranch dressing
 Roll
 Fruit Cocktail
 Milk


SNACK:
 Animal Crackers
 Juice

15

BREAKFAST:
 Pineapple
 Cereal
 Milk

LUNCH:
 Roasted Turkey
 Moros
 Green Peas & Carrots
 Roll
 Pears
 Milk

SNACK:
 Cuban Crackers
 Turkey Ham Slices



16

BREAKFAST:
 Tropical Mixed Fruit
 Bagel *cream cheese*
 Milk

LUNCH:
 Chicken nuggets *ketchup*
 Mashed Potatoes
 Broccoli
 Roll
 Red Apple**
 Milk

SNACK:
 Corn Muffin
 Juice

17

BREAKFAST:
 Mandarin Orange
 Bread
 Cheese Slices
 Turkey Ham
 Milk

LUNCH:
 Salisbury Steak
 Brown Rice
 Roll
 Green Beans & Carrots
 Honeydew
 Milk

SNACK:
 Blueberry Vanilla Bread
 Pears

18

BREAKFAST:
 Peaches
 English Muffin
 Butter & Jelly**
 Milk

LUNCH:
 Fricassee de Pollo
 Brown Rice
 Red Beans
 Plantains
 Pineapple
 Milk

SNACK:
 Yogurt
 Graham Crackers

19

BREAKFAST:
 Fresh Fruits
 Blueberry Muffin**
 Cereal**
 Juice
 Milk

LUNCH:
 Macaroni & Cheese
 Garlic Bread
 Mixed Green Salad
Ranch dressing
 Applesauce
 Milk

SNACK:
 Chocolate Chip Cookies
 Milk



ACADEMIR

MARCH

MONDAY

BREAKFAST: 22
Fruit
Cereal
Milk

LUNCH:
Ropa Vieja
Brown Rice
Black Beans
Green Beans
Pineapple
Milk

SNACK:
Oatmeal Cookies
Milk

TUESDAY

BREAKFAST: 23
Mandarin Orange
Raisin Bread *butter*
Milk

LUNCH:
Chicken Patty *Mayo*
Sliced Tomatoes & Lettuce
Green Peas
Bun
Red Apple
Milk

SNACK:
English Muffin
Cheese Slices & Turkey Ham

WEDNESDAY

BREAKFAST: 24
Cantaloupe
Blueberry Muffin
Yogurt
Milk

LUNCH:
Pulled Chicken
Mashed Potatoes
Carrots
Roll
Fruit Cocktail
Milk

SNACK:
Assorted Crackers
Juice

THURSDAY

BREAKFAST: 25
Morning Cookies
Cinnamon Apples
Milk

LUNCH:
Spaghetti & Meat Sauce
Garlic Bread
Steamed Baby Carrots
Mixed Green Salad
Ranch dressing
Peaches
Milk

SNACK:
Animal Crackers
Milk

FRIDAY



29

SPRING
BREAK

30

SPRING
BREAK

31

SPRING
BREAK

Happy
Spring
Break!

A large, stylized sun with a yellow face, orange rays, and a spiral center.