



TAMAQUA

MARCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Assorted Cereal Juice/Milk Breaded Chicken Tortilla W rap Brown Rice Steamed Corn Choice of Fruit	French Toast Sticks Juice/Milk Taco Tuesday Tortilla Chips Cheese & Lettuce Green Beans Choice of Fruit	Dutch Waffle Juice/Milk Fish Shapes French Fries Steamed Broccoli Choice of Fruit	Breakfast Pizza Juice/Milk Beef-A-Roni Cheese W G Roll Steamed Carrots Choice of Fruit	Cheese Omelet Wrap Juice/Milk Pizza Bagel Garden Salad Steamed Peas Choice of Fruit
9	10	11	12	13
Assorted Cereal Juice/Milk Breaded Chicken Buttered Pasta Baked Beans Choice of Fruit	Breakfast Pizza Juice/Milk Meatball wGravy Mashed Potatoes Garlic Stick Steamed Corn Choice of Fruit	Chicken Biscuit Juice/Milk French Toast Sticks Hash Brown Sausage Link Steamed Carrots Choice of Fruit	Pancakes w/Syrup Juice/Milk Mac & Cheese Breaded Chicken Stewed Tomatoes Choice of Fruit	Pizza Bagel Juice/Milk Hamburger on a Bun French Fries Steamed Peas Choice of Fruit
16	17	18	19	20
Assorted Cereal Juice/Milk Breaded Chicken Brown Rice Steamed Broccoli Choice of Fruit	French Toast Sticks Juice/Milk Cheese Ravioli Garden Salad W G Roll Corn Choice of Fruit	Bagel w/Cream Cheese Juice/Milk Chicken Cruncher Baby Cake Potato Baked Beans Choice of Fruit	Breakfast Pizza Juice/Milk Cheese Pizza Mixed Vegetable Tortilla Chips Choice of Fruit	Cheese Omelet Wrap Juice/Milk Cheesy Breadsticks Dipping Sauce Garden Salad Green Beans Choice of Fruit
23	24	25	26	27
Assorted Cereal Juice/Milk Breaded Chicken Mashed Potatoes Steamed Corn Choice of Fruit	Pancakes w/Syrup Juice/Milk Taco Tuesday Tortilla Chips Cheese & Salsa Brown Rice & Beans Choice of Fruit	Bagel w/Cream Cheese Juice/Milk Buttered Pierogis String Cheese Steamed Carrots Choice of Fruit	Chicken Biscuit Juice/Milk Beef Cheesesteak W G Roll French Fries Steamed Broccoli Choice of Fruit	Cheese Omelet & Sausage Juice/Milk Mac & Cheese Breaded Chicken Stewed Tomato Choice of Fruit
30	31			
Assorted Cereal Juice/Milk Breaded Chicken Patty Scallop Potatoes Green Beans Choice of Fruit	French Toast Sticks Juice/Milk Meatballs in Sauce Buttered Pasta Steamed Corn Choice of Fruit			

All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.

Menu Subject to Change