

Menus for March 2017

Indian Trail and Liberty Bell

This institution is an equal opportunity provider. Menus are subject to change.




Every complete meal we serve comes with your choice of milk!

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon?



Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

Additional Entrée Choices at Indian Trail and Liberty Bell Include a COLD Sandwich selection AND

**Monday-
Pizza OR Bacon Cheeseburger**

**Tuesday-
Popcorn Chicken/Roll OR Philly Sub**

**Wednesday-
Pizza OR Toasted Cheese Sandwich**

**Thursday-
Popcorn Chicken/Roll OR Hot Dog on Bun**

**Friday-
Breaded Chx Sandwich OR Meatball Sub**



Feel better, have a better attention span, and learn easier when you eat a good breakfast. Breakfast is available every day at school! Join us!

take the

SCHOOL BREAKFAST Challenge



First things First

BREAKFAST @SCHOOL
For first-class learning!

Featuring Healthy Fruits & Grains!

Monday, March 20

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Grab-It and Bag-It Lunch:
Go-gurt, Turkey Stick, Beef Stick, Cheese Stick
Animal Crackers
Choose 1 from:
Sliced Apples, Dried Fruit
Choose 1-2 from:
Baby Carrot Packs, Juice

AfterSchool Snack
Grab and Go Choices

Tuesday, March 21

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Chicken/Cheese Fajita, Mexican Rice, Salsa
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Corn, Fiesta Black Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, March 22

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Pork BBQ on Bun **OR** Turkey Burger
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
Slaw, Potato Rounds, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, March 23

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Chicken and Waffles Syrup
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Sweet Potato Fries, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, March 24

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Pizza
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Monday, March 27

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Popcorn Chicken WW Roll
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, March 28

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Asian Chicken, Fried Rice, Egg Roll (1/2)
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Glazed Carrots, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, March 29

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Potato Soup, Cheese Toast Goldfish Crackers
Choose 1 from:
Assorted Fruit, Sorbet
Choose 1-2 from:
Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, March 30

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Mac and Cheese, Banana Pudding
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
Pinto Beans, Slaw, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, March 31

Breakfast

Breakfast Choices
Fruit, Juice, Milk

March Madness Lunch

Cheeseburger on Bun Treat
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Potato Wedges, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

MARCH MENU MADNESS 2017



Wear your favorite team jersey to lunch MARCH 31.

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