



CRUCIFEROUS VEGETABLES



Triumph Menu March 2017



USDA and this institution are equal opportunity providers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast			1 Pancakes Turkey Sausage & Seasonal Fruit	2 French Toast Turkey Sausage & Seasonal Fruit	3 Cheerios with Yogurt & Seasonal Fruit
Lunch			Chicken Strips with Roll & Veggies & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack			Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Break-fast	6 Yogurt with Granola & Seasonal Fruit	7 Waffle Turkey Sausage & Seasonal Fruit	8 Pancake on a Stick & Seasonal Fruit	9 Waffle Turkey Sausage & Seasonal Fruit	10 Pancake on a Stick & Seasonal Fruit
Lunch	Chicken Strips with Roll and Veggies	Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Chicken Nuggets with Roll & Corn & Seasonal Fruit	Chicken Sandwich with Tossed Green Salad & Seasonal Fruit	Cheese Enchilada with Black Beans & Seasonal Fruit
Snack	Cheese Stick Saltine Crackers	Cheez-its Sliced Oranges	Pretzels Sliced Apples	Cheez-its Sliced Oranges	Animal Crackers Fresh Banana
Break-fast	13 Yogurt with Granola & Seasonal Fruit	14 Egg & Cheese English Muffin & Seasonal Fruit	15 Pancakes Turkey Sausage & Seasonal Fruit	16 French Toast Turkey Sausage & Seasonal Fruit	17 Cheerios with Yogurt & Seasonal Fruit
Lunch	Popcorn Chicken with Baked Fries & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Chicken Strips with Roll & Veggies & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack	Animal Crackers Fresh Bananas	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Break-fast	20 NO SCHOOL	21 Pancake on a Stick & Seasonal Fruit	22 Yogurt with Granola & Seasonal Fruit	23 Biscuit Turkey Sausage & Seasonal Fruit	24 Cheerios with Yogurt & Seasonal Fruit
Lunch		Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Cheese Enchilada with Black Beans & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Chicken Nuggets with Roll & Corn & Seasonal Fruit
Snack		Fruit Yogurt & Seasonal Fruit	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples
Break-fast	27 Yogurt with Granola & Seasonal Fruit	28 Egg & Cheese English Muffin & Seasonal Fruit	29 Waffle Turkey Sausage & Seasonal Fruit	30 Pancake on a Stick & Seasonal Fruit	
Lunch	Turkey Corn Dog Baked Fries & Seasonal Fruit	Chicken Sandwich Tossed Green Salad & Seasonal Fruit	Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Popcorn Chicken with Baked Fries & Fruit	
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Cheez-its Sliced Oranges	Pretzels & Sliced Apples	

Low-fat milk is served with every breakfast and lunch.

Breakfast Prices: \$1.50 paid, \$.30 reduced*, \$2.50 Adults,

Lunch Prices: \$2.55 paid, \$.40 reduced*, \$3.25 Adults

*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844.

Some menu items may change due to availability of products.