



# Breakfast & Lunch Menu

# March 2024

SUTHERLIN HIGH SCHOOL + MIDDLE SCHOOL

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY								
<b>MARCH 4-7 IS NATIONAL SCHOOL BREAKFAST WEEK!</b>																1	BLUEBERRY MUFFIN ... <b>HALF DAY</b> GRAB N GO PIZZA STICKS							
4	<b>BANANA BREAD</b> ... PIZZA  HAM & CHEESE BAGEL MELT				5	<b>STRAWBERRY WAFFLES</b> ... TERIYAKI CHICKEN + RICE  HAM & CHEESE BAGEL MELT				6	<b>FRUIT + YOGURT PARFAIT</b> ... CHICKEN PATTY SANDWICH  HAM & CHEESE BAGEL MELT				7	<b>CHOC CHIP BANANA BAR</b> ... NACHOS  HAM & CHEESE BAGEL MELT				8	<b>NO SCHOOL</b> CONFERENCES ALL GRADES			
11	<b>CINNAMON BUN</b> ... CHEESY BREADSTICKS  QUESADILLA				12	<b>SOFT PRETZEL</b> ... PULLED PORK SANDWICH  QUESADILLA				13	<b>SNACK WAFFLE</b> ... CHICKEN TACOS  QUESADILLA				14	<b>MINI CINNI</b> ... HAMBURGER  QUESADILLA				15	<b>BENEFIT BAR</b> ... <b>HALF DAY</b> GRAB N GO PB&J			
18	<b>CHURRO</b> ... PIZZA  GRILLED CHEESE SANDWICH				19	<b>CINN TOAST CRUNCH BAR</b> ... ORANGE CHICKEN + RICE  GRILLED CHEESE SANDWICH				20	<b>FRUDEL</b> ... FRITO PIE  GRILLED CHEESE SANDWICH				21	<b>APPLE DONUT</b> ... CHICKEN NUGGETS  GRILLED CHEESE SANDWICH				22	<b>POP TART</b> ... <b>HALF DAY</b> GRAB N GO MINI CHEESE PIZZA			
25	<b>HAVE A SAFE AND HAPPY SPRING BREAK!</b>																29							

**Menu subject to change without notice.**

Assorted fruit and vegetables offered daily. Milk choices included with both breakfast and lunch.

**Students must take all of the following meal components:**

**BREAKFAST: at least 3 items, 1 must be a fruit or vegetable**

- 1 Serving of Milk
- 1 half cup of a Fruit and/or Vegetable
- 1 Serving of Whole Grain
- and/or 1 Serving of Meat/Meat Alternate\*

**LUNCH: at least 3 items, 1 must be fruit or vegetable**

- 1 Serving of Milk
- 1 half cup of Fruit and/or Vegetable (or more)
- 1 Serving of Whole Grain
- and/or 1 Serving of Meat/Meat Alternate\*

(\*meat/meat alternate examples: cheese, chicken, yogurt, pork, beef, etc)

This institution is an equal opportunity provider.

**ALL MEALS ARE FREE OF CHARGE FOR ALL STUDENTS IN THE DISTRICT!**