

Central Springs CSD

March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Grab & Go Mon-UBR Tues-frudel Wed-mini bagels Thurs-tornado Fri-pbj	Alternate Mon-hamburger Tues-hot dog Wed-spicy chicken Thurs-pizza Fri-bosco sticks			cold cereal, donut, fruit, juice hot dog on bun, goldfish crackers, broccoli, strawberries & bananas, birthday cake <i>Dr. Seuss Birthday party</i>
french toast, sausage, fruit, juice mandarin orange chicken, rice, oriental vegetables, applesauce, (HS-dinner roll)	biscuits & gravy, tri- tator, fruit, juice tator tot casserole, lettuce salad, peas & carrots, peaches, cottage cheese, bread & butter	egg & cheese on biscuit or english muffin, fruit, juice macaroni & cheese, marinated vegetables, baked beans, pears, pbj	bkft burrito, graham crackers, fruit, juice chicken nuggets, spinach salad, onion rings, corn, mixed fruit, breadstick	cold cereal, donut, fruit, juice fish sticks, mashed potato, green beans, mandarin oranges, biscuit, (HS- string cheese)
4	5	6	7	8
NO SCHOOL Spring Break	NO SCHOOL Spring Break	NO SCHOOL Spring Break	NO SCHOOL Spring Break	NO SCHOOL Spring Break
All meals include a choice of 1%, fat free & fat free chocolate milk Salad bar & alternate available to grades 4-12 Grab & go available to grades 4-8. No grab & go on late start or early out This institution is an equal opportunity provider. This menu is subject to change				
11	12	13	14	15
french toast, sausage, fruit, juice turkey & gravy over mashed potatoes, baked beans, mixed fruit, peanut butter sandwich	cooks choice	egg & cheese on biscuit or english muffin, fruit, juice walking taco w/fixings, pepper strips, california blend, rosy applesauce (HS-rice)	pancake on stick, fruit, juice bbq rib on bun, cucumber slices, tator tots, apple slices, jello	cold cereal, donut, fruit, juice cheese pizza, lettuce salad, carrots, peaches, cookie or cake
18	19	20	21	22
french toast, sausage, fruit, juice shredded beef on bun, french fries, mixed vegetables, orange slices	scrambled eggs, toast, fruit, juice chicken drumstick, potato wedges, broccoli w/cheese, applesauce, dinner roll	egg & cheese on biscuit or english muffin, fruit, juice hamburger on bun, pasta salad, tomato slices, baked potato, mixed fruit	bkft pizza, granola bar, fruit, juice chicken fajita, lettuce, cheese, onion & peppers, refried beans, sweet potato fries, pears	cold cereal, donut, fruit, juice grilled cheese sandwich, tomato soup, carrots & celery, banana
25	26	27	28	29