



RAYMOND-KNOWLES UNION SCHOOL DISTRICT



March 2019 Breakfast and Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
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				<i>Professional Development Day No School</i>
4	5	6	7	8
Breakfast: WG Breakfast Pizza / Fruit / Juice / Milk <i>Lunch: Pasta & Meat Sauce, WG Roll, Romaine Lettuce Salad, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Pop Tart / Hard-Boiled Egg/ Fruit / Juice / Milk <i>Lunch: Teriyaki Chicken, Steamed Rice, Broccoli, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i>	Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk <i>Lunch: Chicken Patty Sandwich on WG Bun, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Muffin / Fruit / Juice / Milk <i>Lunch: Cheese-Stuffed Breadsticks w/ Marinara, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i>
11	12	13	14	15
Breakfast: WG French Toast / Fruit / Juice / Milk <i>Lunch: Orange Chicken, Brown Rice, Broccoli, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WG Egg Tornado / Fruit / Juice / Milk <i>Lunch: Hamburger with WGR Bun, Baked Beans, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i>	Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk <i>Lunch: Chicken Patty Sandwich on WG Bun, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Mini Cinni / Scrambled Egg / Fruit / Juice / Milk <i>Lunch: Hot Ham & Cheese Sandwich on WG Bun, Romaine Salad, Green Beans, Fruit, Milk</i>
18	19	20	21	22
Breakfast: WG Breakfast Pizza / Fruit / Juice / Milk <i>Lunch: WG Pasta & Meat Sauce, WG Roll, Romaine Lettuce Salad, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Pop Tart / Hard-Boiled Egg/ Fruit / Juice / Milk <i>Lunch: WG Mini Corn Dog, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i>	Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Breakfast Bar / Fruit / Juice / Milk <i>Lunch: Cheese-Stuffed Breadsticks w/ Marinara, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i>
25	26	27	28	29
Breakfast: WG French Toast / Fruit / Juice / Milk <i>Lunch: WG Chicken Nuggets, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WG Egg Tornado / Fruit / Juice / Milk <i>Lunch: Sloppy Joe on WG Bun, Baked Beans, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i>	Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk <i>Lunch: Chicken Patty Sandwich on WG Bun, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WG Breakfast Bar/ Scrambled Egg / Fruit / Juice / Milk <i>Lunch: Hot Ham & Cheese Sandwich on WG Bun, Romaine Salad, Green Beans, Fruit, Milk</i>

WG = whole grain rich

"This institution is an equal opportunity provider."

02/25/2019