

March 2023 | MENU
Rise
Breakfast & Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>01 <u>Breakfast</u> WG Cereal ✓ Applesauce <u>Lunch</u> Baked WG Rotini & Marinara ✓ WG Dinner Roll Seasoned Carrots ✓ Diced Pears</p>	<p>02 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Diced Peaches <u>Lunch</u> WG Pepperoni Calzone Great Northern Beans ✓ 100% Apple Juice</p>	<p>03 <u>Breakfast</u> WG Cereal Bar ✓ Mixed Fruit <u>Lunch</u> WG Pizza Day! ✓ <i>available</i> Fresh Tossed Salad ✓ Diced Pears</p>
<p>06 <u>Breakfast</u> Banana Muffin ✓ 100% Apple Juice <u>Lunch</u> WG Double Cheese Mac & Cheese ✓ Fresh Baked Biscuit Steamed Broccoli ✓ Diced Pears</p>	<p>07 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Applesauce <u>Lunch</u> WG Chicken Taquitos with Queso Dip Ranch Style Pinto Beans ✓ Mixed Fruit</p>	<p>08 <u>Breakfast</u> WG Cereal ✓ Diced Peaches <u>Lunch</u> WG Crispy Grilled Cheese Sandwich ✓ Potato Tots ✓ Diced Pears</p>	<p>09 <u>Breakfast</u> Yogurt Cup & WG Graham Crackers ✓ Applesauce <u>Lunch</u> Baked WG Chicken Bites WG Dinner Roll Seasoned Carrots ✓ 100% Fruit Blend Juice</p>	<p>10 <u>Breakfast</u> WG Cheesy Grits & Scrambled Eggs Bowl ✓ Mixed Fruit <u>Lunch</u> Hamburger Fresh Tossed Salad ✓ Diced Peaches</p>
<p>13 <u>Breakfast</u> Yogurt Cup & WG Graham Crackers ✓ 100% Fruit Blend Juice <u>Lunch</u> Baked WG Chicken Bites GW Garlic Dinner Roll Savory Green Beans ✓ Applesauce</p>	<p>14 <u>Breakfast</u> Banana Muffin ✓ Diced Pears <u>Lunch</u> Beef WG Nachos Black & White Beans ✓ Diced Peaches</p>	<p>15 <u>Breakfast</u> WG Cereal ✓ Mixed Fruit <u>Lunch</u> Cheeseburger on WG Bun Potato Tots ✓ Broccoli with Cheese ✓ Applesauce</p>	<p>16 <u>Breakfast</u> WG Strawberry Cereal Bar ✓ Diced Peaches <u>Lunch</u> Chicken Filet Sandwich Creamy Coleslaw ✓ 100% Apple Juice</p>	<p>17 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Mixed Fruit <u>Lunch</u> Pizza Day! ✓ <i>available</i> Baked Sweet Potato Fries ✓ Diced Pears</p>
<p>20 <u>Breakfast</u> WG Strawberry Cereal Bar ✓ 100% Fruit Blend Juice <u>Brunch for Lunch</u> Chicken & WG Waffle Sandwich Steamed Broccoli ✓ Diced Peaches</p>	<p>21 <u>Breakfast</u> Banana Muffin ✓ Applesauce <u>Lunch</u> WG Chicken Enchilada Empanada Buttered Corn ✓ Mixed Fruit</p>	<p>22 <u>Breakfast</u> WG Cereal ✓ Applesauce <u>Lunch</u> Baked WG Rotini & Marinara ✓ WG Dinner Roll Seasoned Carrots ✓ Diced Pears</p>	<p>23 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Diced Peaches <u>Lunch</u> WG Pepperoni Calzone Great Northern Beans ✓ 100% Apple Juice</p>	<p>24 <u>Breakfast</u> WG Cereal ✓ Mixed Fruit <u>Lunch</u> WG Pizza Day! ✓ <i>available</i> Fresh Tossed Salad ✓ Diced Pears</p>
<p>27 <u>Breakfast</u> Banana Muffin ✓ 100% Apple Juice <u>Lunch</u> WG Double Cheese Mac & Cheese ✓ Fresh Baked Biscuit Steamed Broccoli ✓ Diced Pears</p>	<p>28 <u>Breakfast</u> Fresh Baked Biscuit with Grape Jelly ✓ Applesauce <u>Lunch</u> WG Chicken Taquitos with Queso Dip Ranch Style Pinto Beans ✓ Mixed Fruit</p>	<p>29 <u>Breakfast</u> WG Cereal ✓ Diced Peaches <u>Lunch</u> WG Crispy Grilled Cheese Sandwich ✓ Potato Tots ✓ Diced Pears</p>	<p>30 <u>Breakfast</u> Yogurt Cup & WG Graham Crackers ✓ Applesauce <u>Lunch</u> Managers Choice Entrée Grain Vegetable Fruit</p>	<p>31 </p>

Breakfast includes: Entrée, 1 cup fruit & milk.

Lunch includes: Entrée with grain/bread, 1 cup vegetables, ½ cup fruit & milk.

"✓" Symbolizes the daily vegetarian options

Menu selection is subject to change at any time