



March 2018



Breakfast

**GARDENA ENVIRONMENTAL CHARTER
BRC - Breakfast K-12**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| February 26, 2018 | February 27, 2018 | February 28, 2018 | March 1, 2018 | March 2, 2018 |
| | | | STRING CHEESE Corn Muffin ^ Fresh Fruit Diced Peaches Choice of Milk | CORN CHEX ^ Graham Crackers ^ Fresh Fruit Choice of Milk |
| March 5, 2018 | March 6, 2018 | March 7, 2018 | March 8, 2018 | March 9, 2018 |
| CHEERIOS ^ Animal Grahams Cherry Craisins Applesauce Cup Choice of Milk | BANANA MUFFIN ^ String Cheese Pineapple Tidbits Diced Peaches Choice of Milk | KIX CEREAL ^ Graham Crackers ^ Fresh Fruit Choice of Milk | RICE CHEX ^ Strawberry Pancake Square ^ Fresh Fruit Mixed Fruit Cup Choice of Milk | STRAWBERRY-BANANA YOGURT Granola ^ Fresh Fruit Choice of Milk |
| March 12, 2018 | March 13, 2018 | March 14, 2018 | March 15, 2018 | March 16, 2018 |
| NO SCHOOL | IW SOFT TORTILLA ^ Sunbutter Cup Assorted Jelly Diced Pears Applesauce Cup Choice of Milk | STRING CHEESE Tropical Mini Loaf ^ Fresh Fruit Choice of Milk | VANILLA YOGURT Granola ^ Fresh Fruit Mixed Fruit Cup Choice of Milk | CORN CHEX ^ Maple Breakfast Square ^ Fresh Fruit Choice of Milk |
| March 19, 2018 | March 20, 2018 | March 21, 2018 | March 22, 2018 | March 23, 2018 |
| KIX CEREAL ^ Strawberry Pancake Square ^ Mixed Fruit Cup Craisins Choice of Milk | BLUEBERRY MUFFIN ^ String Cheese Diced Peaches Fresh Fruit Choice of Milk | RASPBERRY YOGURT Granola ^ Fresh Fruit Choice of Milk | CHERRY LOAF ^ Fresh Fruit Pineapple Tidbits Choice of Milk | RICE CHEX ^ Vanilla Waffle Square ^ Fresh Fruit Choice of Milk |
| March 26, 2018 | March 27, 2018 | March 28, 2018 | March 29, 2018 | March 30, 2018 |
| SPRING BREAK | SPRING BREAK | SPRING BREAK | SPRING BREAK | SPRING BREAK |

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



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March 2018



Lunch

GARDENA ENVIRONMENTAL CHARTER LNE - Lunch K-8

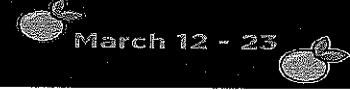
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| February 26, 2018 | February 27, 2018 | February 28, 2018 | March 1, 2018 | March 2, 2018 |
| | | | BBQ FAJITA CHICKEN BBQ Sauce HAMBURGER Mustard Ketchup Hamburger Bun ^ Fresh Fruit Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Cucumber Coins Cauliflower Florets Light Ranch Dressing Mayonnaise Choice of Milk ICE | *FRESH FEATURE FRIDAY* MACARONI & CHEESE ^ CHICKEN NUGGETS BBQ Sauce Fresh Fruit Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Green Beans Carrot Sticks Light Ranch Dressing Mayonnaise Choice of Milk ICE |
| March 5, 2018 | March 6, 2018 | March 7, 2018 | March 8, 2018 | March 9, 2018 |
| *BREAKFAST FOR LUNCH* FRENCH TOAST STICKS W/SAUSAGE ^ Syrup CHICKEN TENDERS BBQ Sauce Diced Peaches Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Green Pepper Slices Jicama Sticks Garbanzo Beans Shredded Cheddar Cheese Light French Dressing Choice of Milk ICE | BAKED CHICKEN NUGGETS BBQ Sauce CHILI Diced Pears Corn Muffin ^ Salad Bar Selections Mixed Greens Salad Red Peppers Green Beans Crunchy Celery Sticks Cucumber Coins Pickle Chips Light Ranch Dressing Mayonnaise Choice of Milk ICE | SPAGHETTI W/MEATBALLS PEPPERONI PIZZA ^ Fresh Fruit Salad Bar Selections Mixed Greens Salad Carrot Sticks Jicama Sticks Crunchy Celery Sticks Fresh Zucchini Coins Green Beans Light Ranch Dressing Mayonnaise Choice of Milk ICE | HOT DOG Hot Dog Bun ^ Mustard RANCH TURKEY BURGER Hamburger Bun ^ Chipotle Ranch Fresh Fruit Ketchup Salad Bar Selections Mixed Greens Salad Black Beans Corn Diced Tomatoes Onions Jalapenos Light Ranch Dressing Choice of Milk ICE | CHEESE PIZZA ^ CRISPY CHICKEN FILLET Hamburger Bun ^ BBQ Sauce Fresh Fruit Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Fresh Grape Tomatoes Cauliflower Florets Green Pepper Slices Cucumber Coins Light French Dressing Mayonnaise Choice of Milk ICE |
| March 12, 2018 | March 13, 2018 | March 14, 2018 | March 15, 2018 | March 16, 2018 |
| *DUNK DAY!* CHICKEN FRIES Hash Browns Buffalo Ranch Cup Ketchup PEPPERONI PIZZA ^ Applesauce Cup Salad Bar Selections Mixed Greens Salad Red Peppers Jicama Sticks Garbanzo Beans Pickle Chips Cucumber Coins Shredded Cheddar Cheese Light Ranch Dressing Choice of Milk ICE | BAGEL DOG ^ Ketchup Mustard 3 CHEESE PANINI ^ Diced Peaches Salad Bar Selections Mixed Greens Salad Crunchy Celery Sticks Garbanzo Beans Pickle Chips Jalapenos Onions Light French Dressing Choice of Milk ICE | *DUNK DAY!* TACO MEAT Taco Sauce POPCORN CHICKEN BBQ Sauce Tortilla Rounds ^ Pineapple Tidbits Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Green Beans Carrot Sticks Light Ranch Dressing Mayonnaise Choice of Milk ICE | SPECIAL MEAL CHICKEN DRUMSTICK BBQ Sauce SALISBURY STEAK W/ GRAVY Mashed Potatoes Sliced Bread ^ Fresh Fruit Corn Muffin ^ Salad Bar Selections Mixed Greens Salad Black Beans Carrot Sticks Jalapenos Crunchy Celery Sticks Light French Dressing Choice of Milk ICE | *DUNK DAY!* PIZZA DIPPERS ^ Marinara Dipping Sauce BBQ CHICKEN Hamburger Bun ^ Fresh Fruit Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Jicama Sticks Cucumber Coins Cauliflower Florets Light Ranch Dressing Choice of Milk ICE |
| March 19, 2018 | March 20, 2018 | March 21, 2018 | March 22, 2018 | March 23, 2018 |
| *DUNK DAY!* CHICKEN NUGGETS DIPPERS Marinara Dipping Sauce MACARONI & CHEESE ^ Mixed Fruit Cup Breadstick (W/)^ Salad Bar Selections Mixed Greens Salad Carrot Sticks Jicama Sticks Crunchy Celery Sticks Fresh Zucchini Coins Green Beans Shredded Cheddar Cheese Light Ranch Dressing Choice of Milk ICE | HAMBURGER RANCH TURKEY BURGER Chipotle Ranch Hamburger Bun Diced Pears Ketchup Mustard Salad Bar Selections Mixed Greens Salad Fresh Spinach Leaves Fresh Grape Tomatoes Cauliflower Florets Green Pepper Slices Cucumber Coins Croutons ^ Light Ranch Dressing Choice of Milk ICE Mayonnaise | *DUNK DAY!* MINI CORN DOGS CHICKEN NUGGETS Honey Mustard Cup Fresh Fruit Salad Bar Selections Mixed Greens Salad Red Peppers Green Beans Crunchy Celery Sticks Cucumber Coins Pickle Chips Light French Dressing Choice of Milk ICE | CHEESE PIZZA ^ DELI SUB SANDWICH ^ Mustard Mayonnaise Fresh Fruit Salad Bar Selections Mixed Greens Salad Black Beans Corn Diced Tomatoes Carrot Sticks Jalapenos Light Ranch Dressing Choice of Milk ICE | *DUNK DAY!* VEGETARIAN CHILI W/ BEANS Tortilla Rounds ^ PEPPERONI PIZZA ^ Fresh Fruit Salad Bar Selections Mixed Greens Salad Broccoli Florets Carrot Sticks Green Pepper Slices Jicama Sticks Garbanzo Beans Light Ranch Dressing Choice of Milk ICE |

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