

# MARCH 2017

## CANNON FALLS AREA SCHOOLS BREAKFAST & LUNCH MENU

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <p>All meals are subject to change and include milk choice of chocolate, 1%, skim or lactaid. All breakfasts include juice and fruit and cereal is available each day as an entrée choice.</p>             | <p>Meal Prices:<br/>           Student breakfast \$1.55<br/>           Adult/guest breakfast \$2.05<br/>           PreK-5<sup>th</sup> grade lunch \$2.35<br/>           6<sup>th</sup> -12<sup>th</sup> grade lunch \$2.45<br/>           Adult/guest lunch \$3.60<br/>           Milk only/extra \$0.55</p> | <p><b><u>Pancakes</u></b> 1<br/>           Augratin Potatoes &amp; Ham<br/>           OR Tuna Sandwich<br/>           Lettuce Salad<br/>           Mixed Fruit / Yogurt<br/>           Bread<br/>           Day 4</p>                      | <p><b><u>Eggs</u></b> 2<br/>           Quesadilla &amp; fixings<br/>           Lettuce Salad<br/>           Applesauce<br/>           Day 1</p>   | <p><b><u>Bagel</u></b> 3<br/>           Fish Sandwich<br/>           Cole Slaw<br/>           Veggie Tray<br/>           Fresh Fruit<br/>           Day 2</p>                 |
| <p><b><u>Muffin</u></b> 6<br/>           Chicken Nuggets<br/>           Mashed Potatoes / Corn<br/>           Lettuce Salad<br/>           Cranberries<br/>           Dinner Roll<br/>           Day 3</p> | <p><b><u>Breakfast Pizza</u></b> 7<br/>           Sub Sandwich &amp; fixings<br/>           Tropical Fruit<br/>           Chips<br/>           Day 4</p>  | <p><b><u>Cereal Bar</u></b> 8<br/>           Pizza<br/>           Green Beans<br/>           Lettuce Salad<br/>           Pineapple<br/>           Day 1<br/> <b>EARLY RELEASE</b></p>   | <p><b><u>Breakfast Sandwich</u></b> 9<br/>           French Toast<br/>           Sausage<br/>           Hash Browns<br/>           Yogurt<br/>           Juice<br/>           Day 2</p>         | <p><b>NO SCHOOL</b> 10<br/> </p>   |
| <p><b><u>Bagel</u></b> 13<br/>           Chicken Sandwich<br/>           Winter Blend Veggies<br/>           Lettuce Salad<br/>           Peaches<br/>           Day 3</p>                                 | <p><b><u>Breakfast Wrap</u></b> 14<br/>           Pizza Burger<br/>           Glazed Carrots<br/>           Lettuce Salad<br/>           Pears<br/>           Day 4</p>   | <p><b><u>French Toast</u></b> 15<br/>           Chicken Alfredo Hotdish<br/>           OR Assorted Sandwiches<br/>           Lettuce Salad<br/>           String Cheese / Garlic Toast<br/>           Fresh Fruit<br/>           Day 1</p> | <p><b><u>Eggs &amp; Hashbrowns</u></b> 16<br/>           Hot Ham &amp; Cheese<br/>           Broccoli<br/>           Lettuce Salad<br/>           Applesauce<br/>           Day 2</p>           | <p><b><u>Breakfast Pizza</u></b> 17<br/>           Max Stix w/Sauce<br/>           Veggie Tray<br/>           Oranges<br/>           Day 3</p>                                |
| <p><b><u>Muffin</u></b> 20<br/>           Soft Shell Beef Taco<br/>           w/Fixings<br/>           Lettuce Salad<br/>           Applesauce<br/>           Day 4</p>                                    | <p><b><u>Breakfast Sandwich</u></b> 21<br/>           Hamburger on a Bun<br/>           Baked Beans<br/>           Lettuce Salad<br/>           Pears<br/>           Day 1</p>  | <p><b><u>Pancake on a Stick</u></b> 22<br/>           Baked Spaghetti<br/>           Cottage Cheese<br/>           Garlic Toast<br/>           Spinach / Mixed Fruit<br/>           Day 2</p>  | <p><b><u>Breakfast Sandwich</u></b> 23<br/>           Meatloaf<br/>           Ranch Mashed Potatoes<br/>           Lettuce Salad / Corn<br/>           Peaches / Bread<br/>           Day 3</p> | <p><b><u>Cereal Bar</u></b> 24<br/>           Italian Dunker w/Sauce<br/>           Veggie Tray<br/>           Side Kick<br/>           Day 4</p>                             |
| <p><b><u>Bagel</u></b> 27<br/>           Meatball Sub w/Sauce<br/>           and Fixings<br/>           Lettuce Salad<br/>           Mandarin Oranges<br/>           Day 1</p>                             | <p><b><u>Cereal</u></b> 28<br/>           Chili &amp; Cinnamon Roll<br/>           Lettuce Salad<br/>           Cheese Stick<br/>           Pears<br/>           Day 2</p>  | <p><b><u>French Toast</u></b> 29<br/>           Sloppy Joe on a Bun<br/>           Mixed Vegetables<br/>           Lettuce Salad<br/>           Peaches<br/>           Day 3</p>   | <p><b><u>Cinnamon English Muffin</u></b> 30<br/>           Popcorn Chicken / Rice<br/>           Oriental Vegetables<br/>           Lettuce Salad<br/>           Pears<br/>           Day 4</p> | <p><b><u>Eggs &amp; Sausage</u></b> 31<br/>           Mac &amp; Cheese<br/>           Lettuce Salad<br/>           Veggie Tray<br/>           Apples<br/>           Day 1</p> |

DAILY ON THE LUNCH LINE: ALTERNATE ENTRÉE CHOICE = MEAT & CHEESE SANDWICH. AN ASSORTMENT OF FRUITS AND VEGETABLES IS ALSO AVAILABLE.