

WEST BATON ROUGE CHILD NUTRITION PROGRAM
BREAKFAST AND LUNCH MENUS
MARCH 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pancake/Syrup/Patties Juice/Milk Ham N Cheese on Wheat Buns Tater Tots L/T/P Cup Brownie Milk	3 Breakfast Stix w/Syrup Juice/Milk Spaghetti/Meat Sauce Seasoned Corn or Corn on the Cob Italian Salad Pudding/Vanilla Wafers Garlic Bread/Milk	4 2 oz. Cereal/Cheese Stick Juice/Milk Chili/Cheese Loaded Potato Spinach Salad w/Italian vinaigrette dressing Fruit / Whole Wheat Crackers Oatmeal Cookies Milk *ES Option: Pizza Burger * HS Option: Chef Salad	5 Biscuit & Jelly Juice/Milk Grilled Chicken Wrap w/ Lo Fat Ranch Dressing Lettuce / Tomato California Blend Veggies Sliced Peaches Milk	6 Scrambled Eggs/Grits Toast/Apple/Milk WG Cheese Pizza Carrot/Celery Sticks w/ lo Fat Dressing Seasoned Corn Jell-O / Graham Crackers Milk
9 Toast w/ PB & J Cereal Juice/Milk Popcorn Chicken Macaroni N Cheese Seasoned Green Beans Pineapple Tidbits WW Roll Milk	10 Breakfast Stix w/Syrup Fruit Choice/Milk Hamburger on WW Bun Lettuce/Tomato/Pickle Potato Rounds Fresh Orange Half Catsup/Mustard/Mayo Milk	11 Biscuit & Sausage Juice/Milk Baked Chicken Creamed Potatoes Seasoned Black-eyed Peas Fresh Fruit WW Roll Milk	12 Low fat Yogurt Graham Crackers Fruit / Milk Spaghetti/Meat Sauce Corn on the Cob Green Salad Lo fat Pudding WW Garlic Bread Milk	13 French Toast Sticks Juice/Milk Tuna Salad Spinach Salad Whole Grain Rolls Fresh Fruit Choice Milk
16 2 oz. Muffin Juice / Milk Hot Dogs Baked Beans Fresh Fruit Banana Bread Squares Milk	17 Whole Wheat Waffles Juice / Milk White Beans w/Ham Steamed Rice Seasoned Greens* Fresh Fruit Corn Bread Vanilla Wafers Milk *Option: Mustard or Turnip	18 Cheese Toast Cereal / Juice Milk Pulled Pork On WW Bun Spicy Wedges or Fries Coleslaw Sliced Peaches Milk	19 Break fast Pizza Banana / Milk Spicy Oven Baked Chicken *Red Beans w /rice Biscuit Banana Milk * No Sausage in Beans	20 Scrambled Eggs Toast / Juice / Milk Fish Patty on Buns French Fries Fresh Fruit Choice Bread Pudding Milk
23 Pancake/Syrup/Patties Juice/Milk Beef /Cheese Nachos* Refried Beans Lettuce/Tomato Salad Fresh Fruit Graham Crackers / Milk	24 Breakfast Stix w/Syrup Fruit Choice/Milk Chicken/Sausage Pastalaya Baked Sweet Potato Frozen Fruit Dessert WW Rolls Milk	25 Scrambled Eggs/Grits Toast/Apple/Milk Ham N Cheese on Wheat Buns Tater Tots L/T/P Cup Brownie Milk	26 Biscuit & Jelly Juice/Milk Red Beans w/Sausage Steamed Brown Rice Steamed Cabbage Fresh Fruit Cornbread Milk	27 2 oz. Cereal/Cheese Stick Juice/Milk WG Cheese Pizza Carrot/Celery Sticks w/ lo Fat Dressing Seasoned Corn Jell-O / Graham Crackers Milk
30 Toast w/ PB & J Cereal Juice/Milk Grilled Chicken Wrap w/ Lo Fat Ranch Dressing Lettuce / Tomato California Blend Veggies Sliced Peaches Milk	31 Breakfast Stix w/Syrup Fruit Choice/Milk Turkey or Chicken Stew Steamed Brown Rice Steamed Broccoli Fresh Fruit Wheat Roll Milk			

Menus are subject to change without notice.