

Excelsior Phelan

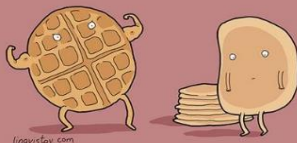
MARCH Student Meals

DID YOU KNOW?

CALCIUM RICH FOODS



Waffles are just pancakes with abs



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Chef reserves the right to change menu for seasonality and new menu innovation.

2022 **revolution** foods.

TUESDAY

1

Breakfast
Berry Apple Crisp bar

Lunch
Crispy Chicken Sandwich, falafel tots, corn

8

Breakfast
Vanilla Concha Bread

Lunch
Pesto Pasta Salad w/Chicken, cucumbers

15

Breakfast
Banana Muffin

Lunch
Mozzarella-stuffed Breadsticks w/Marinara, corn baby carrots

22

Breakfast
Waffle

Lunch
Cheese & Taco Hummus Sandwich, cucumbers

29

Breakfast
Berry Apple Crisp Bar

Lunch
Crispy Chicken Sandwich, falafel tots, corn

WEDNESDAY

2

Breakfast
Cinnamon Crumble

Lunch
Hot dog, green beans

9

Breakfast
Cinnamon Crisp Bar

Lunch
Hamburger, falafel tots, pinto beans

16

Breakfast
Strawberry Granola Bowl

Lunch
Ham & Cheese Sandwich

23

Breakfast
Lemon Muffin

Lunch
Shredded BBQ Chicken Plate w/Falafel Tots

30

Breakfast
Cinnamon Crumble

Lunch
Hot Dog, green beans

THURSDAY

3

Breakfast
Banana Muffin

Lunch
Beef & Cheese Dip w/Scoops, carrots

10

Breakfast
Cinnamon Toast Bagel

Lunch
Chicken Tamale w/Rice, peas

17

Breakfast
Egg & Cheese Breakfast Muffin

Lunch
Chinese Chicken Noodles w/Cabbage

24

Breakfast
Strawberry Pancake Bowl

Lunch
Cheese Tamale, rice, corn

31

Breakfast
Waffle

Lunch
Beef & Cheese Dip w/Scoops, carrots

FRIDAY

4

Breakfast
Chicken Sausage & Cheddar Bagel

Lunch
Cheese Pizza, salad, broccoli

11

Breakfast
Cheesy Egg & Potato Scramble

Lunch
Chicken Alfredo w/Broccoli

18

Breakfast
Cinnamon Crumble

Lunch
Sunbutter & Grape Jelly Sandwich, garbanzo salad, string cheese

25

Breakfast
Chicken Sausage & Cheddar Brekwich

Lunch
Pretzel Nacho Calzoni, broccoli