



Elementary School Menu

March 1–March 11, 2016

HCPSS is an equal opportunity provider.

Due to school delays menus are subject to change.

Food and Nutrition Services

For more information visit www.hcpss.org/food-services. Contact us at 410-313-6738 or foodsvc@hcpss.org

Meal Prices

Breakfast \$2.00

Reduced Price Breakfast \$0.30

Milk \$0.50

Lunch \$2.75

Reduced Price Lunch \$0.40

	Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4
	Breakfast Hot Egg and Cheese Sandwich or Mini Waffles with Maple Madness Fresh Fruit and Milk Lunch Chicken Nuggets with Roll Fruit/Veggie: Romaine Salad, Baby Carrots, Cinnamon Apple Slices Hot Vegetable: Oven Baked Potatoes	Breakfast Cinnamon Toast Crunch® Breakfast Break with Juice Fresh Fruit and Milk Lunch Kosher Hot Dog on Roll Fruit/Veggie: Tossed Salad with Tomato Wedge, Cucumber Slices, Sliced Peaches Hot Vegetable: Baked Beans	Breakfast Cinnamon French Toast Square Fresh Fruit and Milk Lunch Teriyaki Chicken with Rice and Roll Fruit/Veggie: Spinach Salad, Baby Carrots, Mixed Fruit Hot Vegetable: Broccoli	Breakfast Frosted Flakes® Breakfast Break with Juice Fresh Fruit and Milk Lunch Cheese Quesadilla Fruit/Veggie: Shredded Lettuce, Diced Tomatoes, Applesauce Hot Vegetable: Corn
Monday, March 7	Tuesday, March 8	Wednesday, March 9	Thursday, March 10	Friday, March 11
Breakfast Cinnamon Toast Crunch® Breakfast Break with Juice Sliced Apples and Milk Lunch Chicken Patty, Plain or Spicy on Roll Fruit/Veggie: Romaine Salad, Sliced Tomatoes, Sliced Peaches Hot Vegetable: Peas and Carrots	Breakfast Hot Egg and Cheese Sandwich or Mini Bagels with Strawberry Cream Cheese Sliced Apples and Milk Lunch Beef Taco with Flour Tortilla Fruit/Veggie: Shredded Lettuce, Diced Tomatoes, Cinnamon Apple Slices Hot Vegetable: Corn and Refried Beans	Breakfast Frosted Flakes® Breakfast Break with Juice Sliced Apples and Milk Lunch Chicken Nuggets with Roll Fruit/Veggie: Tossed Salad and Green Peppers, Red and White Bean Mix, Diced Pears Hot Vegetable: Mashed Potatoes with Gravy	Breakfast Hot Egg and Turkey Sausage Boat or Mini Pancake with Maple Burst Sliced Apples and Milk Lunch Hamburger, Cheeseburger or Veggie Burger on Roll Fruit/Veggie: Shredded Lettuce and Sliced Tomatoes, Mixed Fruit Hot Vegetable: Carrot Coins	Breakfast Cinnamon French Toast Square Sliced Apples and Milk Lunch Fish Shapes with Roll Fruit/Veggie: Spinach Salad, Cucumber Slices, Applesauce Hot Vegetable: Broccoli

Important Information

March 7- 11 is National School Breakfast Week. A healthy school breakfast is the perfect way for your child to start the day. To celebrate National School Breakfast Week, on Tuesday, March 8 we will serve a Hot Egg and Cheese Sandwich and on Thursday, March 10 we will serve a Hot Egg and Turkey Sausage Boat!

What makes a lunch? Select 3-5 parts: Fruits, Grains, Vegetables, Protein, Dairy. One part MUST be a Fruit or Vegetable

Daily Entrée choices: Cheese Pizza, Yogurt Combo • Daily Fruit Choices: Fresh Apples and Oranges • Milk (50¢): fat free chocolate, or strawberry, fat free unflavored, or 1% white

Entrée Menu Key: ♥ Meatless Entrée

* Pork

All breads, pastas and rice are whole grain



Elementary School Menu

March 14–March 31, 2016

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Monday, March 14	Tuesday, March 15	Wednesday, March 16	Thursday, March 17	Friday, March 18
Breakfast Frosted Flakes® Breakfast Break with Juice, Fresh Fruit and Milk Lunch Hamburger, Cheeseburger on Roll Veggie Burger on Roll Fruit/Veggie: Tossed Salad and Baby Carrots, Cinnamon Apple Slices Hot Vegetable: Sweet Potatoes	Breakfast Mini Pancakes with Maple Burst Fresh Fruit and Milk Lunch Kosher Hot Dog on Roll Fruit/Veggie: Romaine Salad, Cucumber Slices with Tomato Wedge, Mixed Fruit Hot Vegetable: Baked Beans	Breakfast Cinnamon French Toast Square Fresh Fruit and Milk Lunch Chicken Patty, Plain or Spicy on Roll Fruit/Veggie: Spinach Salad, Celery Sticks and Baby Carrots, Applesauce Hot Vegetable: Tater Tots	Breakfast Cinnamon Toast Crunch® Breakfast Break with Juice Fresh Fruit, Milk Lunch Chicken Taco with Flour Tortilla and Rice Fruit/Veggie: Shredded Lettuce, Diced Tomatoes and Refried Beans, Peaches Hot Vegetable: Corn	Breakfast Hot Egg and Turkey Sausage Sliders or Mini Bagels with Strawberry Cream Cheese Fresh Fruit, Milk Lunch Toasted Cheese Sandwich Fruit/Veggie: Tossed Salad, Sliced Tomatoes, Diced Pears Hot Vegetable: Tomato Soup
Monday, March 21	Tuesday, March 22	Wednesday, March 23	Thursday, March 24	Friday, March 25
Breakfast Cinnamon Toast Crunch® Breakfast Break with Juice, Fresh Fruit and Milk Lunch Popcorn Chicken and Roll Fruit/Veggie: Spinach Salad, Broccoli Florets, Red and White Bean Mix, Applesauce Hot Vegetable: Peas	Breakfast Hot Egg and Cheese Sandwich Mini Bagels with Cinnamon Cream Cheese Fresh Fruit and Milk Lunch Spaghetti and Meat Sauce with Bread Fruit/Veggie: Shredded Lettuce, Diced Tomatoes, Mixed Fruit Hot Vegetable: Carrot Coins	Breakfast Frosted Flakes® Breakfast Break with Juice, Fresh Fruit and Milk Lunch Pork Ribique on Sub Roll Fruit/Veggie: Romaine Salad, Baby Carrots, Cinnamon Apple Slices Hot Vegetable: Broccoli	Breakfast Mini Pancakes with Maple Burst Fresh Fruit and Milk Lunch Fish Shapes with Roll Fruit/Veggie: Tossed Salad, Tomato Wedges, Sliced Peaches Hot Vegetable: Green Beans	Spring Break Schools and Offices Closed
Monday, March 28	Tuesday, March 29	Wednesday, March 30	Thursday, March 31	Meal Prices
Spring Break Schools and Offices Closed	Spring Break Schools Closed	Spring Break Schools Closed	Spring Break Schools Closed	Breakfast \$2.00 Reduced Price Breakfast \$0.30 Milk \$0.50 Lunch \$2.75 Reduced Price Lunch \$0.40

What makes a lunch? Select 3-5 parts: Fruits, Grains, Vegetables, Protein, Dairy. One part MUST be a Fruit or Vegetable

Daily Entrée choices: Cheese Pizza, Yogurt Combo • **Daily Fruit Choices:** Fresh Apples and Oranges • **Milk (50¢):** fat free chocolate, or strawberry, fat free unflavored, or 1% white

Entrée Menu Key: ♥ Meatless Entrée

* Pork

All breads, pastas and rice are whole grain