



George & Veronica Phalen Leadership Academy

Breakfast and Lunch Menu March, 2023

K-6th Grade

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast includes 1 entrée, 1 fruit or juice and low-fat milk	Fruity Tooties (1oz) Graham Cracker (1oz) Craisons(4oz) 100% Juice (4oz)	Benefit Bar (2oz) Fresh Fruit (Varies/(4oz) 100% Juice(4oz)	Trix Bar (1oz) Maple Graham(1oz) Fresh Fruit (varies 100% Juice (8oz)	Pop Tart (2oz) Fresh Fruit (varies)4oz 100% Juice (8oz)	Frosted Flakes (1oz) Graham Cracker (1oz) Craisons (4oz) 100% Juice (4oz)
	Monday	Tuesday	Wednesday	Thursday	Friday
	27 Chicken Nuggets (4oz) Tater Tots(6oz) Mandarin Oranges (4oz) Dinner Roll (2oz) Milk (8oz)	28 Sloppy Joes (4oz) Steamed Carrots (6oz) Apple Sauce (4oz) Milk (8oz)	1 Deli Sub (2oz) Fresh Broccoli Florets (6oz), Ranch Packet 100% Fruit Juice (4oz) Milk (8oz) Early Release	2 Salisbury Steak (4oz) Green Beans (3oz) Mashed Potatoes (3oz) Fruit Cocktail (4oz) Milk (8oz)	3 Corn Dogs (2oz) Bake Beans (6oz) Diced Peaches (4oz) Milk (8oz)
*Hamburger or hotdog bun included (2 oz)	6 Cheeseburger (2oz) Baked Fries (6oz) Pineapple Tidbits(4oz) Milk (8oz)	7 Chicken Patty(4oz) Steamed Carrots (6oz) Diced Pears (1/2c) Milk (8oz)	8 P.I.T NO Students (E Learning)	9 BBQ Chicken Legs(4oz) Pinto Beans(6oz) Mandarin Oranges (1/2c) Dinner Roll (2oz) Milk (8oz)	10 Turkey Sandwich (2oz) Broccoli (6oz) 100% Apple Juice (4oz) Milk (8oz)
Lunch: includes 1 entrée, 3 fruit/vegetable choices and Fat free milk or fat free milk	13 Meatball Subs (4oz) Steamed Carrots (6oz) Applesauce (4oz) Milk (8oz)	14 Chicken & Waffles (4oz) Hashed Brown Potatoes (6oz) Fruit Cocktail (1/2c)17g Milk (8oz)	15 Chicken Alfredo (4oz) Garlic Broccoli (6oz) Diced Pears (4oz) Milk (8oz)	16 Chili Dogs (4oz) Baked Beans (6oz) Mandarin Oranges (1/2) Milk (8oz)	17 Grilled Cheese (4oz) Baked Fries (6oz) 100% Apple Juice (4oz) Milk (8oz)
	20 Cheese Pizza (4oz) California Blend (6oz) Dice Peaches (4oz) Milk (8oz)	21 Crispitos (6oz) Refried Beans (6oz) Fruit Cocktail (4oz) Milk(8oz)	22 BBQ Chicken on Bun(2oz) Mix Vegetables (4oz) Mandarin Oranges (4oz) Dinner Roll (1oz) Milk (8oz)	23 Spaghetti /Meatballs (4o) Italian Blend (4oz) Diced Pears (8oz) Milk(8oz)	24 Creamy Chicken Wrap (2oz) Mixed Green Salad(12oz) Tortilla Chip 1oz., Salsa cup 100% Apple Juice (4oz) Milk (8oz)
	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break	31 Spring Break

The USDA is an equal opportunity provider and employer

Menu Subject to Change Without Notice