

James and Rosemary Leadership Academy
Breakfast and Lunch Menu March, 2023
7th-12th Grade

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast includes 1 entrée, 1 fruit or juice and low-fat milk	Fruity Tootie's (1oz) Graham Cracker (1oz) Fresh Fruit(varies)(4oz) 100% Juice (4oz)	Benefit Bar(2oz) Craisins(Varies)/(4oz) 100% Juice(4oz)	Pop Tarts (2oz) Fresh Fruit (varies/ 100% Juice (8oz)	Cinnamon(1oz) Animal Crackers (1oz) Raisin (varies) 100% Juice (8oz)	Frosted Flakes (1oz) Graham Cracker (1oz) Fresh Fruit(varies)(4oz) 100% Juice (4oz)
	Monday	Tuesday	Wednesday	Thursday	Friday
	27 Chicken Patty (4oz)36g Corn(4oz)12g Tater Tots(4oz)19g Mandarin Oranges (1c)18b Milk(8oz)	28 Spaghetti & Meat sauce (8oz)34g Green Beans (8oz)7g Garlic Bread (1oz)38g Applesauce (1c) 20g Milk (8oz)	1 Chicken Nuggets(2oz) Broccoli (6oz) Bake Beans (4oz) Dinner Rolls (1oz) Fruit Cocktail (1c)	2 Corn Dogs (2oz) Steamed Carrots (4oz) Sweet Peas (2oz) Diced Peaches (1c) Milk (8oz)	3 Fish Sticks on Sand(4oz) French Fries (1) 100% Juice (4oz) Milk (8oz)
Fresh Fruit is served with every meal	6 Cheeseburger (2oz)42g Baked Fries (8oz)19g Pineapple Tidbits(1c)17g Milk (8oz)	7 Pizza (4oz)33g Broccoli (4oz)18g Steamed Carrots (4oz) Diced Pears (1c)17g Milk (8oz)	8 PIT E Learning	9 BBQ Chicken Legs (2oz) Mixed Greens (4oz) Sweet Potatoes (4oz) Mandarin Oranges (4oz) Milk (8oz)	10 Chili Chicken Roll up (4oz) Refried Beans (4oz) Salsa w/(4oz) Fruit Cup (1/2c) Tortilla Chips (2oz) Milk (8oz)
	13 Meatball Subs (4oz) Steamed Carrots (4oz) Garlic Broccoli (4oz) Applesauce (1c) Milk (8oz)	14 Chicken & Waffles (4oz) Hashed Brown Potatoes (1c) Fruit Cocktail (1/2c) Milk (8oz)	15 Beef & Noodles (4oz) Sweet Peas (1c) Diced Pears (1c)) Milk (8oz)	16 Chili Dogs (4oz) Baked Beans (4oz) Cole Slaw (4oz) Mandarin Oranges (1c) Milk (8oz)	17 Grilled Cheese (4oz) Tomato Soup (6oz) Fresh Carrots (3oz) Diced Peaches (1cup) Milk (8oz)
	20 Salisbury Steak Mashed Potatoes Green Beans Dinner Rolls Fruit Juice	21 Sloppy Joe (2oz) Baked Beans(4oz) Tater Tots (4oz) Fruit Cocktail (1c) Milk(8oz)	22 BBQ Chicken on Bun (2oz) Steamed Carrots (4oz) Broccoli Salad (4oz) Pineapple Chunks (1c) Milk (8oz)	23 Chicken Alfredo(4oz) California Blend (4oz) Tossed Salad (1cups) Diced Pears (8oz) Milk(8oz)	24 Cheeseburger (2oz) Baked French Fries (1/2c) Corn 1/2c Peaches (1c) Milk (8oz)
	27 Spring Break	28 Spring Break	29 Spring Break	30 Spring Break	31 Spring Break

"This institution is an equal opportunity provider."