

# OLBR LUNCH

# MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> A: CHICKEN FINGERS B: PBJ  VEG. BEANS, RICE	<b>2</b> A: TACO B: TURKEY SANDWICH  SALSA, CORN	<b>3</b> A: GRILLED CHEESE B: PBJ  SOUP, CARROTS, DIP	<b>4</b> A: CHICKEN & RICE B: TURKEY SANDWICH  GREEN BEANS, DRAGON PUNCH	<b>5</b>  NO SCHOOL
<b>8</b> A: CHICKEN PATTY B: SPICEY CHICKEN PATTY C: PBJ  RICE, VEG. BEANS	<b>9</b> A: TACO B: TURKEY SANDWICH  SALSA, CORN	<b>10</b> A: BREAKFAST FOR LUNCH B: PBJ  DICED POTATOS, DRAGON PUNCH	<b>11</b> A: HOT CHICKEN OVER NOODLES B: TURKEY SANDWICH  GREEN BEANS, SALAD	<b>12</b> A: CHEESE PIZZA B: PBJ  CUCUMBERS, DIP, YOGURT, SALAD
<b>15</b> A: CHICKEN FINGERS B: PBJ  VEG BEANS, RICE	<b>16</b> A: TACO B: TURKEY SANDWICH  SALSA, CORN	<b>17</b> A: BBQ CHICKEN SANDWICH B: PBJ SANDWICH  GREEN BEANS, DICED POTATOS	<b>18</b> A: CORN DOG B: TURKEY SANDWICH  CARROTS, MAC AND CHEESE	<b>19</b> A: CHEESE PIZZA B: PBJ  CELERY, DIP, YOGURT, SALAD
<b>22</b> A: CHICKEN PATTY B: SPICEY CHICKEN PATTY C: PBJ  DICED POTATOES, VEG. BEANS	<b>23</b> A: TACO B: PBJ SANDWICH  SALSA, CORN	<b>24</b> A: CHILI B: PBJ  BREAD STIX, SALAD, GREEN BEANS	<b>25</b> A: GRILLED CHEESE B: TURKEY SANDWICH  SOUP, CARROTS, DIP	<b>26</b> A: CHEESE PIZZA B: PBJ  SALAD, CUCUMBERS, DIP
<b>29</b> A: CHICKEN FINGERS B: PBJ  DICED POTATOES, VEG BEANS	<b>30</b> A: TACO B: TURKEY SANDWICH  SALSA, CORN	<b>31</b> A: MEATBALL SUB B: PBJ  SALAD, GREEN BEANS		
<b>* PEANUTBUTTER AND JELLY OR TUNA SANDWICH AVAILABLE EVERYDAY</b>	Fruit is offered daily in a minimum of ½ cup servings and may be fresh, frozen, 100% juice or canned. Vegetables are also offered in ½ cup portions (1 cup for leafy greens) unless otherwise noted. Serving sizes for Grains are 1-2 oz. All meals include 1% white or fat free white, fat free chocolate, fat free strawberry Condiments are 1-2 TBS 1 oz. of Bread is available when a Main Lunch item does not include it A complete lunch <b>MUST</b> include at least 3 components and 1 or the components <b>MUST</b> be a fruit or vegetable. Peanut butter and jelly sandwich available everyday.			

# OLBR BREAKFAST MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 GRAB AND GO	2 GRAB AND GO	3 GRAB AND GO	4 GRAB AND GO	5 NO SCHOOL
8 GRAB AND GO	9 GRAB AND GO	10 GRAB AND GO	11 GRAB AND GO	12 GRAB AND GO
15 GRAB AND GO	16 GRAB AND GO	17 GRAB AND GO	18 GRAB AND GO	19 GRAB AND GO
22 GRAB AND GO	23 GRAB AND GO	24 GRAB AND GO	25 GRAB AND GO	26 GRAB AND GO
29 GRAB AND GO	30 GRAB AND GO	31 GRAB AND GO		

**Breakfast is offered daily**

**1% white or skim milk is offered with each breakfast in a 1 cup serving. Fruit is offered daily as 100% Fruit Juice, fresh, frozen or canned in ½ cup portions. Cheese cube or stick or graham cracker available each day. For a complete breakfast you must take at least 3 of the offered components and at least 1 *MUST* be fruit.**

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