

Circle City Prep
MARCH

		Monday	Tuesday	Wednesday	Thursday	Friday	
2	Breakfast	27 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	28 K-2 Yogurt & Granola Parfait + Orange Wedges + Milk 3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	1 K2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk 3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	2 K-2 Apple Cinnamon Muffin + Apple Slices + OJ + Milk 3-6 OVS Apple Cinnamon Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	3 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	<p>Offer vs. Serve procedure:</p> <p>Your scholar can choose options at lunch.</p> <p>Scholars must choose at least 3 components, one option must be a fruit or a vegetable. <i>(Entree contains 2 components: grain + protein)</i></p> <p>1- Entree (counts as 2 components) 2- Fruit (up to two portions) 3- Veggies / Dip (up to two portions) 4- Milk</p>
	Lunch	Entree Option 1 Chilli Mac + Tortilla Chips Entree Option 2 Chicken Caesar Salad + Breadstick	Broccoli Cheese & Rice Soup + Roll Chicken Caesar Salad + Breadstick	Chicken Philly Burrito + Kale Chips Chicken Caesar Salad + Breadstick	Baked Chicken Sandwich + Pickle Chips Chicken Caesar Salad + Breadstick	Ham & Cheese Sub + Cole Slaw Chicken Caesar Salad + Breadstick	
31	Breakfast	6 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	7 K-2 (2) Granola Bars + Apple Slices + OJ + Milk 3-6 OVS (2) Granola Bars or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	8 K-2 Sausage & Cheese Sandwich + Apple + Milk 3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk	9 K-2 Blueberry Muffin + Orange Wedges + OJ + Milk 3-6 OVS Blueberry Muffin or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	10 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	
	Lunch	Entree Option 1 Sloppy Joe + Buttered Corn Entree Option 2 Chicken Caesar Salad + Breadstick	Chicken Noodle Soup + Roll Chicken Caesar Salad + Breadstick	Honey Glazed Chicken Thigh + Yellow Rice Chicken Caesar Salad + Breadstick	SACK LUNCH Chicken Caesar Wrap + Apple + Carrots w/ Ranch + Bottled Water Chicken Caesar Salad + Breadstick	Turkey & Cheese Sub + Pickle Chicken Caesar Salad + Breadstick	
31	Breakfast	13 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	14 K-2 Yogurt & Granola Parfait + Apple Slices + Milk 3-6 OVS Yogurt and Granola Parfait or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	15 K2 Egg, Potato & Cheese Breakfast Burrito + Apple + Milk 3-6 OVS Egg, Potato & Cheese Breakfast Burrito or Whole Grain Cereal + Apple + OJ + Milk	16 Banana Bread + Orange Wedges + OJ + Milk 3-6 OVS Apple Cinnamon Muffin or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	17 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	
	Lunch	Entree Option 1 Hot Turkey & Cheese + Pickle Spear Entree Option 2 Chicken Caesar Salad + Breadstick	Chicken Teriyaki + Steamed Rice Chicken Caesar Salad + Breadstick	Spaghetti w/ Meat Sauce + Breadstick Chicken Caesar Salad + Breadstick	Buffalo Chicken Sandwich + Potato Wedges Chicken Caesar Salad + Breadstick	Chipotle Chicken Wrap + Pickle Spear Chicken Caesar Salad + Breadstick	
	Breakfast	20 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	21 K-2 (2) Granola Bars + Apple Slices + OJ + Milk 3-6 OVS (2) Granola Bars or Whole Grain Cereal + Apple Slices + Apple + OJ + Milk	22 K-2 Sausage & Cheese Sandwich + Apple + Milk 3-6 OVS Sausage & Cheese Sandwich or Whole Grain Cereal + Apple + OJ + Milk	23 K-2 Breakfast "Brownie" + Orange Wedges + OJ + Milk 3-6 OVS Blueberry Muffin or Whole Grain Cereal + Orange Wedges + Apple + OJ + Milk	24 K-2 Whole Grain Cereal Bar + Banana + OJ + Milk 3-6 OVS Cereal Bar or Whole Grain Cereal + Banana + Apple + OJ + Milk	
	Lunch	Entree Option 1 Penne Alfredo with Chicken + Breadstick Entree Option 2 Chicken Caesar Salad + Breadstick	BBQ Drumsticks + Buttered Corn Chicken Caesar Salad + Breadstick	Turkey & Cheese Burrito + MS FAMILY STYLE MEAL Chicken Caesar Salad + Breadstick	SACK LUNCH Ham & Cheese Sub + Apple + Carrots w/ Ranch + Bottled Water Chicken Caesar Salad + Breadstick	Ranch Chicken Wrap + Pickle Spear Chicken Caesar Salad + Breadstick	
	Breakfast	27 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK	
	Lunch	Entree Option 1 Entree Option 2					
ALWAYS AVAILABLE AT OVS 3-4/ 5-6	Whole Grain Cereal Apples Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	Whole Grain Cereal Orange Juice Milk (1% and Skim)	
ALWAYS AVAILABLE AT LUNCH:	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	Assorted Vegetables Hummus Dip Fruit Milk (1% and Chocolate) Water	

Lunches include an option of chocolate or regular milk; Breakfast includes either skim or 1% milk
 Substitutions may be required based on ingredient availability
 If your scholar has medical or dietary allergens or restrictions, please let the school office know of any required accommodations

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