



MARCH | 2018

EPBP LAKER SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Prices DK – 5 th \$1.30 6 th – 12 th \$1.40 Adult \$1.90 Extra Milk \$.35 “Grab-n-Go” Includes bowl of WG cereal, fruit juice, araham cracker or pop-tart	Lunch Prices DK – 5 th \$2.30 6 th – 12 th \$2.50 Adult \$3.30 Extra Milk \$.35	Harvest of the Month “Salad Greens”	1 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Chicken Nuggets W/G Roll Mixed Vegetables Chicken Pot Pie Skim, FF or Low-Fat Milk	2 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Pizza Squash Skim, FF or Low-Fat Milk
5 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Calzone Spinach Skim, FF or Low-Fat Milk	6 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Chicken Gravy and Noodles W/G Roll, Corn Lasagna W/Breadstick Skim, FF or Low-Fat Milk	7 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Walking Taco Refried Beans Skim, FF or Low-Fat Milk	8 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Cheese Quesadilla French Fries Chili W/Cornbread Skim, FF or Low-Fat Milk	9 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Pizza Carrots Skim, FF or Low-Fat Milk
12 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Mini Corn Dogs Peas Skim, FF or Low-Fat Milk	13 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Sloppy Joe W/G Bun Cauliflower Beef Empanda Skim, FF or Low-Fat Milk	14 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Bosco Sticks Broccoli Skim, FF or Low-Fat Milk	15 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Hamburger W/G Bun Potato Smiles Veggie Alfredo Skim, FF or Low-Fat Milk	16 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Pizza Sweet Potatoes Skim, FF or Low-Fat Milk
19 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Sweet & Sour Chicken W/G Rice Beets Skim, FF or Low-Fat Milk	20 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Spaghetti W/G Bread Stick California Blend Italian Wrap Skim, FF or Low-Fat Milk	21 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Baked Cheese Sticks Green Beans Skim, FF or Low-Fat Milk	22 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Buffalo Poppers W/G Cracker Peas & Carrots Mongolian Beef & Broccoli W/Rice Skim, FF or Low-Fat Milk	23 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Pizza Spinach Skim, FF or Low-Fat Milk
26 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Rib BQ Baked Beans Skim, FF or Low-Fat Milk	27 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Grilled Cheese/Tomato Soup Spinach Vegetable Parmesan Skim, FF or Low-Fat Milk	28 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk Lunch Chicken Poppers W/G Roll Winter Blend Skim, FF or Low-Fat Milk	29 Breakfast “Grab-n-Go” Fruit, FF or Low-Fat Milk ½ DAY NO LUNCH	30 NO SCHOOL START OF SPRING BREAK

LAKER NEWS

Elementary Optional Selections

Monday-Chicken Pattie & WG Bun
 Tuesday-PBJ & Cheese Stick
 Wednesday-Fish Patty & WG Bun
 Thursday-Hot Dog & WG Bun
 Friday-Chicken Tenders
 Everyday Choice- Yogurt & Granola

Secondary Optional Selections

With Assorted Daily Specials

Salad Bar Vegetables/Fruits

Romaine Lettuce, Spinach, Broccoli, Cauliflower, Carrots, Red Peppers, Legumes, Cucumbers, Onions, Fresh Fruit & Canned Fruit

Milk Choices

Low-Fat, 1% White, Fat Free, Chocolate, Skim

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