



# MARCH | 2019

## EPBP LAKER SCHOOLS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**25**  
**Breakfast Prices**  
 DK – 5<sup>th</sup> \$1.30  
 6<sup>th</sup> – 12<sup>th</sup> \$1.40  
 Adult \$1.90  
 Extra Milk \$ .35  
 "Grab-n-Go" Includes bowl of WG cereal, fruit juice, graham cracker or pop-tart

**26**  
**Lunch Prices**  
 DK – 5<sup>th</sup> \$2.30  
 6<sup>th</sup> – 12<sup>th</sup> \$2.50  
 Adult \$3.30  
 Extra Milk \$ .35

**27**  
**HARVEST OF THE MONTH**  
  
 "CORN"

**28**

**1**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Pizza  
 Brussel Sprouts  
 Skim, FF or Low-Fat Milk

**4**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Calzone  
 Sweet Potatoes  
 Skim, FF or Low-Fat Milk

**5**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Chicken Nuggets W/G Roll  
 Beets  
 Swedish Meatball on Noodles  
 Skim, FF or Low-Fat Milk

**6**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Bosco Sticks  
 Corn (Michigan)  
 Skim, FF or Low-Fat Milk

**7**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Hamburger W/G Bun  
 Tator Tots  
 Chili W/Cornbread  
 Skim, FF or Low-Fat Milk

**8**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Pizza  
 Spinach  
 Grilled Cheese W/Onion Soup  
 Skim, FF or Low-Fat Milk

**11**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Philly Steak & Cheese W/G Bun  
 Winterblend  
 Skim, FF or Low-Fat Milk

**12**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 BBQ Rib W/G Bun  
 Green Beans  
 Lasagna W/Bread Stick  
 Skim, FF or Low-Fat Milk

**13**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Walking Taco  
 Broccoli  
 Skim, FF or Low-Fat Milk

**14**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Mini Burgers  
 Potato Smiles  
 Bratwurst on a Bun  
 Skim, FF or Low-Fat Milk

**15**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Pizza  
 Squash  
 Tuna Melt  
 Skim, FF or Low-Fat Milk

**18**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Mini Corn Dogs  
 Carrots  
 Skim, FF or Low-Fat Milk

**19**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Quesadilla  
 California Blend  
 Baked Potato W/Chili  
 Skim, FF or Low-Fat Milk

**20**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Breakfast for Lunch  
 Hash Browns  
 Skim, FF or Low-Fat Milk

**21**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Taco's  
 Refried Beans  
 Chicken Oriental Salad  
 Skim, FF or Low-Fat Milk

**22**  
**Breakfast**  
 "Grab-n-Go"  
 Fruit, FF or Low-Fat Milk  
**Lunch**  
 Pizza  
 Spinach  
 Egg Salad On Croissant  
 Skim, FF or Low-Fat Milk

**25**  
 NO SCHOOL  
 SPRING BREAK

**26**  
 NO SCHOOL  
 SPRING BREAK

**27**  
 NO SCHOOL  
 SPRING BREAK

**28**  
 NO SCHOOL  
 SPRING BREAK

**29**  
 NO SCHOOL  
 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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