



**BLESSED SACRAMENT  
BREAKFAST MENU  
MARCH 2023**



Monday	Tuesday	Wednesday	Thursday	Friday
02/27	02/28	03/01	03/02	03/03
Whole Grain Blueberry Muffin	Cinnamon Toast Crunch Cereal	Mini Strawberry Bagels	Whole Grain Cinnamon Roll	Whole Wheat Bagel Served with Jelly Cup
Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker
Craisins 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
03/06	03/07	03/08	03/09	03/10
Cinnamon Stuffed Bagel	Blueberry Bash Mini Waffles	Whole Grain Chocolate Chip Muffin	Sausage, Egg, and Cheese on Whole Grain Biscuit	Oatmeal Raisin Breakfast Bar
Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker	Cinnamon Goldfish Cracker	String Cheese
Watermelon Craisins 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
03/13	03/14	03/15	03/16	03/17
Banana Bread	Whole Grain Cherry Frudel	Cinnamon French Toast	Whole Grain Apple Muffin	Tropical Breakfast Bar
String Cheese	Cinnamon Goldfish Cracker	Cinnamon Goldfish Cracker	Cinnamon Goldfish Cracker	String Cheese
Raising 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
03/20	03/21	03/22	03/23	03/24
NO SCHOOL	Strawberry Toaster Pastry	Maple Mini Waffles	Sausage, Egg, and Cheese on Whole Grain English Muffin	Yogurt Cup
	String Cheese	Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker
	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
03/27	03/28	03/29	03/30	03/31
Whole Grain Apple Muffin	Cinnamon Toast Pastry	Chocolate Chip French Toast	Tropical Breakfast Bar	Yogurt Cup
String Cheese	Cinnamon Goldfish Cracker	Cinnamon Goldfish Cracker	String Cheese	Cinnamon Goldfish Cracker
Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice	Fresh Fruit 100% Juice
1% AND FAT FREE MILK OFFERED DAILY				
PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES			Menu items are subject to change	



**BLESSED SACRAMENT  
LUNCH MENU  
MARCH 2023**



Monday 02/27	Tuesday 02/28	Wednesday 03/01	Thursday 03/02	Friday 03/03
1. Cheese or BBQ Chicken Pizza, Italian Chickpeas, Fresh Fruit  2. Garden Salad with WG Flatbread, Italian Chickpeas, Fresh Fruit  3. Chef Salad with WG Flatbread, Italian Chickpeas, Fresh Fruit	1. BBQ Chicken Sandwich, Mashed Potatoes, Chilled Fruit  2. Turkey Cheddar Ranch with WG Flatbread, Mashed Potatoes, Chilled Fruit  3. Ham and Cheese Wrap, Mashed Potatoes, Chilled Fruit	1. Soft Beef Tacos, Broccoli Lime Salad, Fresh Fruit  2. Garden Salad with WG Flatbread, Broccoli Lime Salad, Fresh Fruit  3. Chef Salad with WG Flatbread, Broccoli Lime Salad, Fresh Fruit	1. Crispy Chicken Sandwich, Baby Carrots, Chilled Fruit  2. Turkey Cheddar Ranch with WG Flatbread, Baby Carrots, Chilled Fruit  3. Ham and Cheese Wrap, Baby Carrots, Chilled Fruit	1. Fish Fillet Sandwich, Celery Sticks, Fresh Fruit  2. Garden Salad with WG Flatbread, Celery Sticks, Fresh Fruit  3. Sunbutter and Jelly Sandwich on WG Bread, Garbanzo Beans, Fresh Fruit
03/06	03/07	03/08	03/09	03/10
1. Chicken and Waffle Stackers, Hash Browns, Baked Cinnamon Apples  2. Verry Berry Smoothie Bowl, Chilled Broccoli, Cinnamon Apples  3. Sunshine Smoothie Bowl, Chilled Broccoli, Cinnamon Apples	1. Sweet and Sour Chicken Burrito, Steamed Carrots, Chilled Fruit  2. Chef Salad with WG Flatbread, Baby Carrots, Chilled Fruit  3. Chicken Caesar Salad with WG Flatbread, Baby Carrots, Chilled Fruit	1. Cheeseburger, Italian Roasted Chickpeas, Fresh Fruit  2. Verry Berry Smoothie Bowl, Italian Roasted Chickpeas, Fresh Fruit  3. Sunshine Smoothie Bowl, Italian Roasted Chickpeas, Fresh Fruit	1. Cheese or Pepperoni Pizza, Corn Elotes, Chilled Fruit  2. Chef Salad with WG Flatbread, Corn Elotes, Chilled Fruit  3. Chicken Caesar Salad with WG Flatbread, Corn Elotes, Chilled Fruit	1. Cheddar Macaroni and Cheese with Dinner Roll, Zucchini Coins, Chilled Fruit  2. Verry Berry Smoothie Bowl, Broccoli Florets, Fresh Fruit  3. Sunshine Smoothie Bowl, Broccoli Florets, Fresh Fruit
03/13	03/14	03/15	03/16	03/17
1. Cheese Filled Breadstick with Tater Tots, Green Beans, Fresh Fruit  2. Garden Salad with WG Flatbread, Cucumber Coins, Fresh Fruit  3. Spicy Buffalo Chicken with WG Flatbread, Cucumber Coins, Fresh Fruit	1. Enchilada Suiza, Broccoli Lime Salad, Chilled Fruit  2. Tropical Smoothie Bowl, Broccoli Florets, Chilled Fruit  3. Banana Berry Smoothie Bowl, Broccoli Florets, Chilled Fruit	1. Cheese or Pepperoni Pizza, Steamed Carrots, Fresh Fruit  2. Garden Salad with WG Flatbread, Steamed Carrots, Fresh Fruit  3. Spicy Buffalo Chicken with WG Flatbread, Steamed Carrots, Fresh Fruit	1. Broccoli Chicken Alfredo with Breadstick, Basil Corn Salad, Chilled Fruit  2. Tropical Smoothie Bowl, Basil Corn Salad, Chilled Fruit  3. Banana Berry Smoothie Bowl, Basil Corn Salad, Chilled Fruit	1. Fish Fillet Sandwich, Celery Sticks, Fresh Fruit  2. Garden Salad with WG Flatbread, Italian Garbanzo Beans, Fresh Fruit  3. Sunbutter and Jelly Sandwich on WG Bread, Garbanzo Beans, Fresh Fruit
03/20	03/21	03/22	03/23	03/24
<b>NO SCHOOL</b>	1. Cheese or Buffalo Chicken Pizza, Celery Sticks, Chilled Fruit  2. American Wrap, Celery Sticks, Fresh Fruit  3. Crispy Chicken Wrap, Celery Sticks, Fresh Fruit	1. Chicken Tenders Served with Dinner Roll and Tater Tots, Fresh Fruit  2. Sunshine Smoothie Bowl, Garbanzo Beans, Fresh Fruit  3. Banana Berry Smoothie Bowl, Chili Garbanzo Beans, Fresh Fruit	1. Cheddar Macaroni and Cheese with Dinner Roll, Zucchini Coins, Chilled Fruit  2. American Wrap, Zucchini Coins Fresh Fruit  3. Crispy Chicken Wrap, Zucchini Coins Peas, Fresh Fruit	1. Cheese Filled Breadstick with Tater Tots, Green Beans, Fresh Fruit  2. Sunshine Smoothie Bowl, Steamed Broccoli, Fresh Fruit  3. Banana Berry Smoothie Bowl, Steamed Broccoli, Fresh Fruit
03/27	03/28	03/29	03/30	03/31
1. Cheese or Sausage Pizza, Broccoli Florets, Fresh Fruit  2. Garden Salad with WG Flatbread, Broccoli Florets, Fresh Fruit  3. Chicken Caesar Salad with WG Flatbread, Broccoli Florets, Fresh Fruit	1. Chicken Nachos, Steamed Carrots, Chilled Fruit  2. Turkey Cheddar Ranch with WG Flatbread, Baby Carrots, Chilled Fruit  3. Spicy Buffalo Chicken Wrap, Baby Carrots, Chilled Fruit	1. Chicken Nugget Basket, Mexican Zucchini, Fresh Fruit  2. Garden Salad with WG Flatbread, Mexican Zucchini, Fresh Fruit  3. Chicken Caesar Salad with WG Flatbread, Mexican Zucchini, Fresh Fruit	1. Cheeseburger, Baked French Fries, Chilled Fruit  2. Turkey Cheddar Ranch with WG Flatbread, Steamed Corn, Chilled Fruit  3. Spicy Buffalo Chicken Wrap, Steamed Corn, Chilled Fruit	1. Fish Fillet Sandwich, Celery Sticks, Fresh Fruit  2. Garden Salad with WG Flatbread Black Beans, Fresh Fruit  3. Sunbutter and Jelly Sandwich on WG Bread, Black Beans, Fresh Fruit

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