

MARCH 2020

EAST BERNSTADT INDEPENDENT SCHOOL

	Elementary & Middle	Adults
Breakfast	\$0.00	\$2.50
Lunch	\$0.00	\$3.75

Monday

2
 Chicken Nuggets,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Roll
 Var. of Milk

9
 Chicken Strips,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Roll
 Var. of Milk

16
 Chicken Bites,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Roll
 Var. of Milk

23
 Chicken Nuggets,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Roll
 Var. of Milk

30
**Spring
 Break**

Tuesday

3
 Corn Dogs, BBQ
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 Baked Chips & WG Cookie
 Var. of Milk

10
 Hot Dog & Chili,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 Baked Chips & WG Cookie
 Var. of Milk

17
 Spaghetti w/Meat Sauce,
 Sandwich, Chef Salad,
 Tossed Salad or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 WG Toast & WG Cookie
 Var. of Milk

24
 Mini Corn Dogs, BBQ
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit Cup, Fresh Fruit,
 100 % Fruit Juice
 Baked Chips & WG Cookie
 Var. of Milk

31
**Spring
 Break**

Wednesday

4
 Hamburger or Cheeseburger,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Bun
 Var. of Milk

11
 Chicken Patty,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Bun
 Var. of Milk

18
 Grilled Cheese,
 BBQ Sandwich, Chef Salad,
 Baked Beans or Soup,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Crackers
 Var. of Milk

25
 Hamburger or Cheeseburger,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Bun
 Var. of Milk

Thursday

5
 Cheese or Pepp. Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Var. of Milk

12
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Var. of Milk

19
 Cheesy Bread, Pepperoni
 Calzone, Chef Salad,
 Corn or Tossed Salad,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Var. of Milk

26
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Var. of Milk

Friday

6
 Chicken Fajita,
 Sandwich, Chef Salad,
 Green Beans or Fresh Broccoli,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Mex Rice
 Var. of Milk

13
 Chili/Chips/Cheese,
 Sandwich, Taco Salad,
 Refried Beans or Fresh Broccoli,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Baked Scoops & Mex. Rice
 Var. of Milk

20
 Tangerine Chicken Stir Fry,
 Sandwich, Chef Salad,
 Calif. Blend Veggies or Egg Roll,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Roll & Mex. Rice
 Var. of Milk

27
 Chicken Fajita,
 Sandwich, Chef Salad,
 Green Beans or Fresh Broccoli,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 Mex Rice
 Var. of Milk



Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.
 This menu is subject to change based on available food items.