

## WILKINS CENTRAL MENUS – MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3-1 French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit  <u>PARFAIT WEDNESDAY</u> Gourmet Grilled Cheese Sandwich OR Soft Shell Tacos Mexican Rice Seasoned Corn Fiesta Black Beans Shredded Lettuce & Salsa Fresh Apples Chilled Peaches	3-2 Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit  Chili w/Grilled Cheese and Crackers OR Stuffed Crust Pizza Baked Sweet Potato Seasoned Green Beans Fresh Plums Sourlicious Raisins	3-3 Egg & Cheese Biscuit OR Super Donut, Seasonal Fresh Fruit  Teriyaki Chicken Over Rice w/Roll OR Cheese Dunkers w/Marinara Sauce Glazed Carrots Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges
3-6 Breakfast Bites OR Super Donut, Seasonal Fresh Fruit  Chicken & Biscuits OR Meatball Sub Seasoned Green Beans Sweet Potato Chunks Fresh Nectarines Chilled Strawberries	3-7 Chicken Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit  Sausage, Egg, and Cheese Biscuit OR Beef Fiestada Tater Tots Steamed Broccoli Fresh Oranges Chilled Pineapple  <p style="text-align: center;">NATIONAL</p>	3-8 Breakfast Pizza OR Honey Bun, Seasonal Fresh Fruit  Ham, Cheese & Eggs Wrap OR Buffalo Popcorn Chicken w/Roll Savory Carrots French Fries Fresh Grapes Chilled Applesauce  <p style="text-align: center;">SCHOOL BREAKFAST</p>	3-9 Ham & Cheese Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit  Chili w/Sweet Cinnamon Biscuit OR Rib-B-Que Seasoned Squash Caesar Salad Fresh Apples Sourlicious Raisins  <p style="text-align: center;">WEEK</p>	3-10 Sweet Cinnamon Biscuit OR Mini Waffles, Seasonal Fresh Fruit  Cheesy Grits & Egg Breakfast Bowl OR Eastern BBQ Sandwich Creamy Coleslaw Baked Beans French Fries Fresh Banana Chilled Mandarin Oranges
3-13 NO SCHOOL	3-14 NO SCHOOL	3-15 NO SCHOOL	3-16 NO SCHOOL	3-17 NO SCHOOL
3-20 Breakfast Bites OR Mini Waffles, Seasonal Fresh Fruit  Beef & Cheese Nachos OR Deli Turkey & Ham on Flatbread Shredded Lettuce and Diced Tomatoes Seasoned Corn Fiesta Black Beans Fresh Apple Chilled Strawberries	3-21 Chicken Biscuit OR Banana/Berry/Pumpkin Bread , Seasonal Fresh Fruit  Chicken Tenders w/Roll OR Sloppy Joe on Bun French Fries Seasoned Green Beans Fresh Nectarines Chilled Pineapple Chilled Pudding	3-22 Breakfast Pizza OR Breakfast Parfait, Seasonal Fresh Fruit  Roasted Chicken w/Biscuit OR Eastern BBQ Sandwich Sweet Potato Chunks Creamy Coleslaw Baked Beans Fresh Pear Chilled Peaches	3-23 Ham & Cheese Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit  Chicken & Cheese Fiesta Potato w/Roll OR Corn Dog Nuggets Caesar Salad Seasoned Squash Fresh Orange Chilled Strawberry Applesauce	3-24 Breakfast Pizza OR Super Donut, Seasonal Fresh Fruit  Fish Nuggets w/Hushpuppies OR Pork Chop On Bun French Fries Savory Carrots Fresh Bananas Chilled Mandarin Oranges
3-27 Pancake Sausage On Stick OR Bagel Cream Cheese Bar, Chilled Fruit Variety  Salisbury Steak & Gravy w/Roll OR Chicken Nuggets w/Roll Mashed Potatoes Seasoned Collard Greens Fresh Grapes Chilled Strawberries	3-28 Beef Steak Biscuit OR Honey Bun, Seasonal Fresh Fruit  Hot Dog with or without Chili OR Cheeseburger On Bun Lettuce Leaf & Sliced Tomato French Fries Seasoned Mixed Vegetables Fresh Oranges Chilled Applesauce Manager's Choice Cookie	3-29 French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit  <u>PARFAIT WEDNESDAY</u> Chicken Fajita OR Ham & Cheese Croissant Mexican Rice Seasoned Corn Fiesta Black Beans Salsa Fresh Pears Chilled Peaches	3-30 Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit  Stuffed Crust Pizza OR Hawaiian Chicken Sweet Potato Fries Seasoned Green Beans Fresh Grapes Sourlicious Raisins	3-31 Egg & Cheese Biscuit OR Super Donut, Seasonal Fresh Fruit  Teriyaki Chicken Over Rice w/Roll OR Cheese Dunkers w/Marinara Sauce Glazed Carrots Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges

Cereal, graham crackers, juice, assorted muffins & toaster pastries are available daily for breakfast

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider