

ALEXANDER VALLEY UNION SCHOOL DISTRICT

MARCH BREAKFAST & LUNCH MENU



FREE BREAKFAST & LUNCH TO ALL CHILDREN

AGES 1 TO 18 YEARS OF AGE

Monday to Friday, Pick up at AVS 12:00-12:30



WG CEREAL OFFERED DAILY AT BREAKFAST

MENUS NOW INCLUDE MORE GRAIN FRUIT AND VEGETABLE CHOICES

If you have any special dietary needs, suggestions or concerns,

Call us at 707- 431-3434

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 YOGURT & CEREAL CANNED FRUIT/MILK CRISPY CHICKEN MASHED POTATOES & GRAVY WG DINNER ROLL 1 CUP FRESH FRUIT	2 BREAKFAST BURRITO MILK/ 6 OZ JUICE BEEF CHILI BEANS & CHEESE CORN BREAD 1 CUP MEXICALI HOT CORN CANNED FRUIT	3 YOGURT CUP & GRANOLA FRESH FRUIT/MILK DELI TURKEY SAND & CHEESE LETTUCE & SLICED TOMATO 1 CUP BABY CARROTS 1oz HOME MADE LF RANCH 6 OZ 100% FRUIT JUICE	4 HOMEMADE MUFFIN CANNED FRUIT/ MILK BEEF CHILI CHEESE MAC WG DINNER ROLL 1 CUP MIXED VEGGIES 1 CUP FRESH FRUIT	5 WG BANANNA BREAD CANNED FRUIT/ MILK CHEESE TAMALES CORN CHIPS AND SALSA 1 CUP VEGETERIAN BEANS SHREDDED CHEESE CUPS 6 OZ 100% FRUIT JUICE
8 WG PANCAKES 6 OZ 100% FRUIT JUICE/MILK TACO MEAT ON A CORN TOSTADA SHELL SHREDDED LETTUCE & CHEESE 1 CUP REFRIED BEANS 1 CUP FRESH FRUIT SALSA	9 BAGEL & CREAM CHEESE FRESH FRUIT/MILK TERIYAKI DUNKERS MASHED POTATOES & GRAVY WG GARLIC BREAD BEAR GRAHAMS 1 CUP CANNED FRUIT	10 WG GRANOLA & YOGURT CUPS 6 OZ 100% FRUIT JUICE/MILK WG PEPPERONI PIZZA 1 CUP STREET CORN SALAD FRESH FRUIT WG COOKIE	11 HOMEMADE BURRITOS FRESH FRUIT/MILK WG DELI WRAP SUN CHIPS BROCCOLI & BABY CARROTS HOME MADE LF RANCH 1 CUP CANNED FRUIT	12 WG BREAKFAST PIZZA CANNED FRUIT/MILK 1 1/2 CUP SUMMER CORN SALAD TWO GARLIC BREAD STICK'S 1 HARD BOILED EGG LOW FAT RANCH DRESSING 6 OZ 100% FRUIT JUICE YOGURT CUP
15 BREAKFAST BITES/SYRUP CANNED FRUIT/MILK TURKEY FRANKS ON A WG HOT DOG BUN POTATO TOTS FRUIT JUICE KETCHUP/MAYO/MUSTARD	16 WG CEREAL & YOGURT CUP FRESH FRUIT/MILK WG DELI WRAP SUN CHIPS BROCCOLI & BABY CARROTS HOME MADE LF RANCH CANNED FRUIT	17 WG BREAKFAST PIZZA 6 OZ 100% FRUIT JUICE/MILK WG BEEF SPAGHETTI SHREDDED CHEESE CUP THREE BEAN SALAD WG DINNER ROLL FRESH FRUIT	18 YOGURT PARFAIT MILK PULLED PORK MEAT ON A WG HAMBURGER BUN BBQ BEANS CANNED FRUIT	19 BREAKFAST BURRITO CANNED FRUIT /MILK WG CHEESE PIZZA BABY CARROTS & RANCH FRESH FRUIT
22	23	24	25	26
29 TOAST & CHEESE OMELETTE CANNED FRUIT/MILK GRIELLED CHEESE SAND 1 CUP BROCCOLI SOUP 1 CUP CAN FRUIT 1 CUP SALAD	30 BAGEL & CREAM CHEESE FRESH FRUIT /MILK GROUND BEEF ON A HARD TACO SHELL 1 CUP CORN ON THE COBB SHRED LETTUCE & CHEESE 100% FRUIT JUICE TACO SALSA	31 WG BREAKFAST PIZZA 100% FRUIT JUICE/MILK DELI TURKEY SAND & CHEESE LETTUCE & SLICED TOMATO 1 CUP BABY BARROTS 1oz HOME MADE LF RANCH 8 oz 100% JUICE BOX		

"ALEXANDER VALLEY UNIFIED IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"