

plant power



DISCOVER THE
Discovery
KITCHEN

Noble BIC: March 2020

Full student breakfast includes choice of entree, fruit side dishes and choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Sausage Pancake Sandwich Fruity Cheerios Bar & Vanilla Yogurt	3 Egg & Cheese on a WG Bagel WG Blueberry Muffin & Light String Cheese	4 Chicken Sausage & Cheese on a WG Biscuit WG Bagel & Cream Cheese	5 Egg & Cheese on a WG English Muffin WG Apple Cinnamon Muffin & Light String Cheese	6 WG French Toast Sticks w/ Syrup WG Cinnamon Chex Cereal w/ Light String Cheese
9 WG Waffles w/ Syrup WG Banana Muffin & Light String Cheese	10 Chicken Sausage & Cheese on a WG Biscuit WG Bagel w/ Light Cream Cheese	11 WG French Toast Sticks & Chicken Sausage WG Apple Cinnamon Cheerios & Light String Cheese	12 Egg & Cheese on a WG Biscuit Strawberry Cheerios Bar & Vanilla Yogurt	13 Turkey Sausage & Cheese on a WG English Muffin WG Cinnamon Chex Cereal & Light String Cheese
16 Chicken Sausage Pancake Sandwich Fruity Cheerios Bar & Vanilla Yogurt	17 Egg & Cheese on a WG English Muffin WG Apple Cinnamon Muffin & Light String Cheese	18 WG Pancakes w/ Syrup Strawberry Banana Yogurt with Granola	19 Chicken Sausage & Cheese on a WG Biscuit WG Bagel & Light Cream Cheese	20 WG French Toast Sticks & Chicken Sausage WG Apple Cinnamon Cheerios & Light String Cheese
23 WG Waffles w/ Syrup WG Banana Muffin & Light String Cheese	24 Chicken Sausage & Cheese on a WG Biscuit WG Bagel & Light Cream Cheese	25 Egg & Cheese on a WG English Muffin WG Apple Cinnamon Muffin & Light String Cheese	26 Turkey Ham & Cheese on a WG Bagel WG Cheerios & Light String Cheese	27 WG French Toast Sticks & Chicken Sausage WG Apple Cinnamon Cheerios & Light String Cheese
30 Chicken Sausage Pancake Sandwich Fruity Cheerios Bar & Vanilla Yogurt	31 Egg & Cheese on a WG Bagel WG Blueberry Muffin & Light String Cheese			
Daily Sides				
Fresh Orange 100% Grape Juice Choice of Milk	Fresh Orange Fresh Apple Choice of Milk	Fresh Orange 100% Grape Juice Choice of Milk	Fresh Orange Fresh Apple Choice of Milk	Fresh Orange Banana Choice of Milk

This institution is an equal opportunity provider. Food Service Provided by Chartwells. Menu subject to change without notice.

Milk: Milk choices include skim white or 1% white.

Fruits: Assorted fresh fruit may include: apples, bananas, or oranges.

WG: Whole Grain. All grains served are WG



Students must select three food components including a ½ cup serving of fruit or vegetables

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KITCHEN

Hot Lunch: March 2020

Full student lunch includes choice of entree supplying grain and protein, fruit and vegetable side dishes and choice of milk

Monday	Tuesday	Wednesday	Thursday	Friday
Spicy Chicken Sandwich 2 Mozzarella & Tomato Panini Cheddar/Mozzarella Salad & Herb Breadsticks Side Mashed Potatoes w/ Gravy	Meatballs with Breadsticks 3 Bean & Cheese Burrito Cheddar/Mozzarella Salad & Herb Breadsticks Side Seasoned Green Beans	Classic Cheeseburger 4 Cheese Quesadilla Cheddar/Mozzarella Salad & Herb Breadsticks	 Brunch Bar 5 WG Pancakes, Eggs, & Chicken Sausage WG Pancakes & Eggs Cheddar/Mozzarella Salad & Herb Breadsticks	Turkey Hot Dog 6 Grilled Cheese Cheddar/Mozzarella Salad & Herb Breadsticks Sides Grape Tomatoes & Carrots
Teriyaki Chicken with Brown Rice 9 Mozzarella & Tomato Panini Garden Salad & Herb Breadsticks Side Seasoned Broccoli	The Perfect Sloppy Joe 10 Bean & Cheese Burrito Garden Salad & Herb Breadsticks Side Tater Tots	Rotini Pasta with Chicken Alfredo Sauce 11 Rotini Pasta with Alfredo Sauce Garden Salad & Herb Breadsticks	Classic Cheeseburger 12 Cheese Quesadilla Garden Salad & Herb Breadsticks	Hot Turkey Ham & Cheese on a Bun 13 Grilled Cheese Garden Salad & Herb Breadsticks Sides Grape Tomatoes & Carrots
Classic Cheeseburger 16 Cheese Quesadilla Fiesta Corn and Black Bean Salad w/ Flour Tortillas Side Mashed Potatoes w/ Gravy	Beef Nachos 17 Black Bean Nachos Fiesta Corn and Black Bean Salad w/ Flour Tortillas Side Seasoned Black Beans	Cheese Pizza 18 Buffalo Chicken Pizza Fiesta Corn and Black Bean Salad w/ Flour Tortillas	Spicy Chicken Sandwich 19 Mozzarella & Tomato Panini Fiesta Corn and Black Bean Salad w/ Flour Tortillas	Turkey Hot Dog 20 Grilled Cheese Fiesta Corn and Black Bean Salad w/ Flour Tortillas Sides Grape Tomatoes & Carrots
Classic Cheeseburger 23 Cheese Quesadilla Chickpea & Mozzarella Salad w/ Herb Breadsticks Side Seasoned Green Beans	Chicken Taco 24 Bean & Cheese Burrito Chickpea & Mozzarella Salad w/ Herb Breadsticks Side Elote-Style Corn	Italian Meatball Sub 25 Mozzarella & Tomato Panini Chickpea & Mozzarella Salad w/ Herb Breadsticks	 Brunch Bar 26 WG Pancakes, Eggs, & Chicken Sausage WG Pancakes & Eggs Chickpea & Mozzarella Salad w/ Herb Breadsticks	Hot Turkey Ham & Cheese on a Bun 27 Grilled Cheese Chickpea & Mozzarella Salad w/ Herb Breadsticks Sides Grape Tomatoes & Carrots
The Perfect Sloppy Joe 30 Bean & Cheese Burrito Cheddar/Mozzarella Salad & Herb Breadsticks Side Seasoned Green Beans	Classic Cheeseburger 31 Cheese Quesadilla Cheddar/Mozzarella Salad & Herb Breadsticks Side Mashed Potatoes w/ Gravy			
Daily Sides				
Salad Bar Assorted Fresh Fruit Diced Pineapple (wks 1 and 3) Choice of Milk	Salad Bar Assorted Fresh Fruit Grapes or Raisins Choice of Milk	Salad Bar Assorted Fresh Fruit Diced Pears (wks 2 and 4) Choice of Milk	Salad Bar Assorted Fresh Fruit 100% Apple Juice Choice of Milk	Assorted Fresh Fruit Choice of Milk

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Milk: Milk choices include skim white or 1% white.

Fruits: Assorted fresh fruit may include: apples, bananas, pears, or oranges.

Salad Bar: Daily salad bar offerings include rotating fresh vegetables, beans and composed salads.

NEW ITEMS LISTED IN RED!

Students must select three food components including a 1/2 cup serving of fruits or vegetables.



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Discovery Learning

Noble Supper: March 2020

Full student supper includes choice of entree supplying grain and protein, fruit and vegetable side dishes and choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Buffalo Chicken Salad Sandwich</p> <p>Sides Baby Carrots Lettuce & Tomato Side Salad</p>	<p>3</p> <p>Turkey Ham & Cheese on a Bun</p> <p>Sides Sliced Cucumbers Grape Tomatoes</p>	<p>4</p> <p>Taco Salad! Beef Taco Salad w/ Tortilla Chips</p> <p>Sides Celery Sticks Baby Carrots</p>	<p>5</p> <p>Cinnamon Breadsticks, Yogurt, String Cheese</p> <p>Sides Sliced Cucumbers Baby Carrots</p>	<p>6</p> <p>NO SUPPER</p>
<p>9</p> <p>Oven Roasted Turkey & Cheese Sandwich</p> <p>Sides Sliced Cucumbers Baby Carrots</p>	<p>10</p> <p>Sunbutter & Jelly Sandwich w/ Light String Cheese</p> <p>Sides Sweet Corn Salad Celery Sticks</p>	<p>11</p> <p>Buffalo Popcorn Chicken Salad!</p> <p>Sides Baby Carrots Grape Tomatoes</p>	<p>12</p> <p>Chicken Ranch Wrap</p> <p>Sides Celery Sticks Sliced Cucumbers</p>	<p>13</p> <p>NO SUPPER</p>
<p>16</p> <p>Oven Roasted Turkey & Cheese Sandwich</p> <p>Sides Fresh Carrots Corn & Black Bean Salsa</p>	<p>17</p> <p>Cinnamon Breadsticks, Yogurt, String Cheese</p> <p>Sides Sliced Cucumbers Grape Tomatoes</p>	<p>18</p> <p>Taco Salad! Beef Taco Salad w/ Tortilla Chips</p> <p>Sides Sliced Cucumbers Fresh Carrots</p>	<p>19</p> <p>Oven Roasted Turkey & Cheese Flatbread</p> <p>Sides Celery Sticks Baby Carrots</p>	<p>20</p> <p>NO SUPPER</p>
<p>23</p> <p>Sunbutter & Jelly Sandwich w/ Light String Cheese</p> <p>Sides Grape Tomatoes Celery Sticks</p>	<p>24</p> <p>Turkey Ham & Cheese on a Bun</p> <p>Sides Baby Carrots Sliced Cucumbers</p>	<p>25</p> <p>Taco Salad! Beef Taco Salad w/ Tortilla Chips</p> <p>Sides Grape Tomatoes Fresh Carrots</p>	<p>26</p> <p>Chicken Salad Sandwich</p> <p>Sides Grape Tomatoes Sliced Cucumbers</p>	<p>27</p> <p>NO SUPPER</p>
<p>30</p> <p>Buffalo Chicken Salad Sandwich</p> <p>Sides Baby Carrots Lettuce & Tomato Salad</p>	<p>31</p> <p>Turkey Ham & Cheese on a Bun</p> <p>Sides Sliced Cucumbers Grape Tomatoes</p>			
Daily Sides				
Fresh Orange	Fresh Orange	Fresh Orange	Fresh Orange	Fresh Orange
100% Apple Juice	100% Apple Juice	100% Apple Juice	100% Apple Juice	100% Apple Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

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notice. Milk: Milk choices include skim white or 1% white.

NEW ITEMS IN RED!

Students must select three food components including a ½ cup serving of fruit or vegetables.

