

Courtyard School Menu **March 2024** -Food Supervisor-Mr. Lewis D'Ippolito
Lunches Provided by Big John's Pizza Queen, Vineland, NJ

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00 am	¾ oz. Cereal* ¾ Cup of Milk Banana	Waffles 1 oz. of Syrup ¾ Cup of Milk 4oz Juicy Juice	¾ oz. Cereal Banana ¾ Cup of Milk	½ Whole Wheat Bagel 1oz Cream Cheese ¾ Cup of Milk 4oz Juicy Juice	4 oz. Yogurt ¾ Cup of Milk or 4oz Juicy Juice Banana
Snack 3:00 pm	1.5 oz Goldfish Crackers 4 oz. Applesauce or 1/2 Cup of Milk	½ cup fresh fruit ½ Cup of Milk Snack Mix or pretzels	Whole Wheat Crackers Cheddar Cheese Slices ½ Cup of Juice	4 oz. Applesauce 1 ½ oz. Chex Mix ½ Cup of Milk	½ cup fresh fruit ½ Cup of Milk Snack Mix or pretzels

Lunches: Served 12:15 & with milk (¾ cup) and fresh fruit (apples, oranges, bananas)

- MARCH 1** - Baked Chicken (1 ½ oz.); Spanish Rice (1/4 cup); WG Bread ½ slice
 4 - Macaroni & Cheese (4 oz.); Salad (1/2 Cup)
 5 - WG Chicken Stromboli (1 ½ oz.); French Fries (1/4 cup)
 6 – Hot Turkey (1 ½ oz.)with Mashed Potatoes (1/4 cup); WG Bread ½ slice
 7 – Pasta (4 oz.) with Alfredo Sauce & Chicken (1½ oz.); Broccoli (1/4 cup)
 8 – Baked Ham (1 ½ oz.) & Mashed Potatoes (1/4 cup); WG Bread ½ slice

- 11 – WG Chicken Nuggets (1 ½ oz.); Carrots(1/4 cup); WG bread (1/2 slice)
 12 – WG Cheese (1 ½ oz.) Pizza; Salad (1/2 Cup)
 13 – Grilled Cheese (1 ½ oz.) on WG Bread; Tator Tots (1/4 cup)
 14 – WG Steak Stromboli (1 ½ oz.); Veggie Sticks (1/4 cup)
 15 – WG Pasta (4 oz.) with Meat Sauce (1 ½ oz.) & Mixed Vegetables (1/4 cup)

- 18 – WG French Toast (2 oz.) & Sausage Patty (1 ½ oz.)
 19 – * Meatballs (1 ½ oz) on WG Bun; Salad (1/2 cup)
 20 – Beef Cheeseburger (1 ½ oz.) on WG Bun; Tator Tots (1/4 cup)
 21 – Baked Chicken (1 ½ oz.); Spanish Rice (1/4 cup); WG Bread ½ slice
 22 - Grilled Ham & Cheese (1 ½ oz.) on WG Bread; Tator Tots (1/4 cup)



- 25 – Chicken Patty (1 ½ oz.) on WG Bun & French Fries (1/4 cup)
 26 – Hot Turkey (1 ½ oz.)with Mashed Potatoes (1/4 cup); WG Bread ½ slice
 27 – Macaroni & Cheese (4 oz.); Salad (1/2 Cup)
 28 – WG Chicken Nuggets (1 ½ oz.); Carrots (1/4 cup); WG bread (1/2 slice)

29 – School Closed – March 29 – through April 5

NOTES: Dressings for salad and veggie sticks either Italian or Ranch. We use WHOLE GRAINS (WG)
 *VARIETY OF CEREALS SERVED: CHEERIOS, RICE KRISPIES, KIX, BRAN FLAKES, CORN FLAKES
 ½ Cup of fruit consists of a combination of two of the following fruits. Apples, Bananas and or Orange
 *This item may contain pork products.