**FLANC & FLACC K-8 SNP MENU – MAR 2024**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  | **Oct 30** | **Oct 31** | **1** | **2** | **1** |
| BREAKFAST  MEAL | [WG Bagel Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Herb-Bagel-Bites.pdf)  ½ c Oranges, ½ c Apple Juice | [WG Blueberry Muffin](https://usdanutrition.com/wp-content/uploads/2023/04/Blueberry-Muffin-1-oz-2-eg-72-svc-160.595-Bake-Crafters.pdf) (2 oz)  ½ c Peaches, ½ c Orange Juice | [WG Bagel w/Nutella (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  1/2 c Pears, ¼ c Craisins | [Berry French Toast (2.64 oz](http://sprnutritionbook.com/wp-content/uploads/2023/01/French-Toast-Berry-GM-2.64-oz.pdf))  1 Banana + ½ c Apple Juice | [WG Gran](http://sprnutritionbook.com/wp-content/uploads/2022/07/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Cherry Yog (5 oz)](http://sprnutritionbook.com/wp-content/uploads/2022/09/Trix-Triple-Cherry-Yogurt-4-oz-1-mma.pdf)  ½ c Oranges, ½ c Strawberries |
| Lunch MMA | [BBQ Chicken Wings](https://usdanutrition.com/wp-content/uploads/2023/08/Baked-Chicken-Drumstick-or-Wings-Mississippi-USDA-Recipe.pdf) (2 oz)  3/4 c Broccoli (Dark Grn)  ½ c Apples  [WG Roll (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pan-O-Gold-Whole-Grain-Roll-1-eg.pdf) | [Beef Sambusa (2 ea)](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-Fajitas-Sambusa-Wrap-USDA-Recipe.pdf)  3/4 c Tator Tots (Starch)  ½ c Pears  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) | [Beefaroni 6 oz](https://usdanutrition.com/wp-content/uploads/2023/04/beefaroni-2.25-mma1-eg-1.pdf)  3/4 c Green Beans (Otr)  ½ c Fruit Cocktail  [WG Tortilla (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Tortilla-2-oz-2-eg-Catallia.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  3/4 c Carrots w/Ranch (R/O)  ½ c Pineapples  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/Riches-WGR-Pizza-Crust-2-eg.pdf) | [Chicken Sandwich (3.19 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/WG-Chicken-Pattie-Tyson-3.19-oz-2mma-1-eg-52-ea.pdf)  3/4 c Baked Beans (Leg)  *½ c Oranges*  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Hotdog-Bun-2eg.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **4** | **5** | **6** | **7** | **8** |
| BREAKFAST  MEAL | [WG Bagel w/CrmChs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  *½ c Sliced Apples* + 1 Banana | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Apple + ½ c Pineapples | [WG Apple Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Mini-Apple-Bites-2.75-oz-2-eg.pdf)  1 Banana + ½ c *Sliced Peaches* | [Mini Maple Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Mini-Maple-Waffles-Pillsbury-2.47-2-eg.pdf)  1 Orange + ½ c Pears | [WG Gran](https://usdanutrition.com/wp-content/uploads/2023/02/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Straw Yog (5 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Dannon-yogurt-1-eg.pdf)  1 Apple + ½ c Orange Juice |
| Lunch MMA | [Beef Stroganoff](https://usdanutrition.com/wp-content/uploads/2024/02/Beef-or-Lamb-Stroganoff-USDA-2-mma-w-2-eg-combined-compressed-1.pdf) (6 oz)  (3/4 c Corn (Starch))  *½ c Peaches*  WG in Nood +[WG Roll (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pan-O-Gold-Whole-Grain-Roll-1-eg.pdf) | [Chicken Tomato Bake (8 oz)](https://usdanutrition.com/wp-content/uploads/2023/09/Chicken-Tomato-Bake-USDA-Healthy-School-Recipes.pdf)  3/4 c Broccoli (Dark Grn)  ½ c Apples  WG in Elbow Noods (1 oz) | [Baked Chicken Leg (4 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Baked-Chicken-Drumstick-or-Wings-Mississippi-USDA-Recipe.pdf)  3/4 c Green Beans (Otr)  ½ c Fruit Medley  [WG Roll (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/USDA-Roll-Recipe-2-eg.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  3/4 c Carrots w/Ranch (R/O)  ½ c Pineapples  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/Riches-WGR-Pizza-Crust-2-eg.pdf) | [WG Chicken Nuggets (3 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-Nuggets-n-Popcorn-Chicken-SPR-Recipe.pdf)  3/4 c Baked Beans(Leg)  ½ c Pears  WG in Chicken + [Roll](https://usdanutrition.com/wp-content/uploads/2023/02/Pan-O-Gold-Whole-Grain-Roll-1-eg.pdf) (2 oz) |
| Veg |
| Fruit |
| Grain |
|  | **11** | **12** | **13** | **14** | **15** |
| BREAKFAST MEAL | [WG Banana Muffin (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Banana-Muffin-2-oz-1-eg-72-svc-160-.5-100.pdf)  1 Orange + 1 Apple | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Apple + ½ c Pineapples | [Soft Filled CTCB (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Soft-Filled-Cinnamon-Toast-Crunch-Bar-2.36-oz-2-eg-72.pdf)  1 Banana + ½ c *Sliced Peaches* | [WG Blueberry Muffin](https://usdanutrition.com/wp-content/uploads/2023/04/Blueberry-Muffin-1-oz-2-eg-72-svc-160.595-Bake-Crafters.pdf) (2 oz)  1 Banana + ½ Apple Juice | [WG Gran](https://usdanutrition.com/wp-content/uploads/2023/02/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Cherry Yog (5 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Dannon-yogurt-1-eg.pdf)  1 Apple + ½ c Orange Juice |
| Lunch MMA | WG [Chicken Alfredo (8 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Chicken-Alfredo-With-a-Twist-Healthy-School-Recipes-2.25-mma-1.25-eg.pdf)  3/4 c Green Peas (Starch)  *½ c Apples*  WG in Noodles (1 oz) | [Beef Yakisoba](https://usdanutrition.com/wp-content/uploads/2024/02/Yakisoba-Recipe-for-100-SVC-2-mma-2-eg-bv.pdf) (8 oz)  3/4 c Broccoli (Dark Grn)  ½ c Applesauce  WG in Elbow Noods (1 oz) | [Chicken Philly](https://usdanutrition.com/wp-content/uploads/2024/02/Philly-Cheesesteak-Sandwich-with-Chicken-Substitution-USDA-Recipe-combined.pdf) (1 ea)  3/4 c Green Beans (Otr)  ½ c Mixed Fruit  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  3/4 c Carrots w/Ranch (R/O)  ½ c Pineapples  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/Riches-WGR-Pizza-Crust-2-eg.pdf) | [Chicken Sandwich (3.19 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/WG-Chicken-Pattie-Tyson-3.19-oz-2mma-1-eg-52-ea.pdf)  3/4 c Black Beans(Leg)  ½ c Mand Oranges  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **18** | **19** | **20** | **21** | **22** |
| BREAKFAST MEAL | [WG Bagel w/Crm Chs (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Bagel-Bakecrafters-2.25-eg-1.pdf)  *½ c Sliced Apples* + 1 Banana | [WG Chocolate Cres Roll (2.29 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Choc-Crescent-Roll-2.29-oz-2-eg-combined-compressed.pdf)  1 Apple + ½ c Pineapples | [WG Apple Bites (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Mini-Apple-Bites-2.75-oz-2-eg.pdf)  1 Banana + ½ c *Sliced Peaches* | [WG Cin Tst Crun Bowl (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Orange + ½ c Pears | [WG Gran](https://usdanutrition.com/wp-content/uploads/2023/02/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Straw Yog (5 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Dannon-yogurt-1-eg.pdf)  1 Apple + ½ c Orange Juice |
| Lunch MMA | [WG Chicken Tenders](https://usdanutrition.com/wp-content/uploads/2023/08/Chicken-Tenders-USDA-Recipe-3.5-mma.pdf) (2 ea)  3/4 c French Fries (Starch)  ½ c Mixed Fruit  [WG Roll (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Pan-O-Gold-Whole-Grain-Roll-1-eg.pdf) | [Spaghetti M/Sauce(8 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Spaghetti-and-Meat-Sauce-USDA-Recipe-8-oz.pdf)  3/4 c Broccoli (Dark Grn)  *½ c Pears*  WG in Noodles (1 oz) | [Beef and Cajun Rice](https://usdanutrition.com/wp-content/uploads/2024/02/Ground-Beef-and-Spanish-Rice-USDA-Healthy-School-Recipes-2-mma-1-eg-6-oz-copy-combined-copy-compressed.pdf) (6 oz)  1 Green Beans (Otr)  ½ c Apples  WG Brn Rice 4 oz + [Roll](https://usdanutrition.com/wp-content/uploads/2023/02/Pan-O-Gold-Whole-Grain-Roll-1-eg.pdf) (2 oz) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  3/4 c Carrots w/Ranch (R/O)  ½ c Pineapples  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/Riches-WGR-Pizza-Crust-2-eg.pdf) | [Egg Salad Sandwich](https://usdanutrition.com/wp-content/uploads/2023/11/Egg-Salad-Sandwich-USDA-2-mma-2-eg.pdf) (4.5 oz)  3/4 c Baked Beans (Leg)  ½ c *Peaches*  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) |
| Veg |
| Fruit |
| Grain |
|  | **27** | **28** | **29** | **30** | **31** |
| BREAKFAST MEAL | [WG Banana Muffin (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Banana-Muffin-2-oz-1-eg-72-svc-160-.5-100.pdf)  1 Orange + 1 Apple | [WG Cin Toast Crun Bowl (1 oz)](https://usdanutrition.com/wp-content/uploads/2023/04/Cereal-Cinnamon-Toast-Crunch-Bowl-Pack-and-Soft-Filled-Bar-1-eg-72-svc.pdf)  1 Apple + ½ c Pineapples | [Soft Filled CTCB (2 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Soft-Filled-Cinnamon-Toast-Crunch-Bar-2.36-oz-2-eg-72.pdf)  1 Banana + ½ c *Sliced Peaches* | [WG Blueberry Muffin](https://usdanutrition.com/wp-content/uploads/2023/04/Blueberry-Muffin-1-oz-2-eg-72-svc-160.595-Bake-Crafters.pdf) (2 oz)  1 Banana + ½ Apple Juice | [WG Gran](https://usdanutrition.com/wp-content/uploads/2023/02/Granola-Crispy-Bites-Appleways-1-eg.pdf) w/[Cherry Yog (5 oz)](https://usdanutrition.com/wp-content/uploads/2023/02/Dannon-yogurt-1-eg.pdf)  1 Apple + ½ c Orange Juice |
| Lunch MMA | [Turkey Hotdog (4 oz)](https://usdanutrition.com/wp-content/uploads/2024/02/Jenny-O-Hot-Dog-4-oz-2-mma.pdf)  3/4 c Tator Tots (Starch)  ½ c Pears  [WG Hotdog Bun (2 oz))](https://usdanutrition.com/wp-content/uploads/2023/02/WG-Hotdog-Bun-2eg.pdf) | [Chicken Chili](https://usdanutrition.com/wp-content/uploads/2024/02/White-Chicken-Cilantro-Chili-Healthy-School-Recipes.pdf) (8 oz)  3/4 c Broccoli (Dark Grn)  ½ c Apples  WG Brown Rice 4 oz = 1 oz | [Stir Fry Fajita Chicken](https://usdanutrition.com/wp-content/uploads/2024/02/Stir-Fry-Chicken-Fajita-2-mma-1-eg-combined-copy-compressed.pdf) (8 oz)  3/4 c Green Beans (Otr)  1 Apple  WG in Noodles (1 oz) | [WG Cheese Pizza (1 Slice)](https://usdanutrition.com/wp-content/uploads/2023/02/Cheese-Pizza-USDA-Healthy-School-Recipes-2-mma-2-eg.pdf)  3/4 c Carrots w/Ranch (R/O)  ½ c Pineapples  [Grain in Crust ( 2 oz)](https://usdanutrition.com/wp-content/uploads/2023/10/Riches-WGR-Pizza-Crust-2-eg.pdf) | [Chicken Parmesan](https://usdanutrition.com/wp-content/uploads/2023/10/chicken-parmesan-usda-foods-2.25-mma-2-eg.pdf)  3/4 c Baked Beans(Leg)  ½ c Pineapples, 1 Banana  [WG Bun (2 oz)](https://usdanutrition.com/wp-content/uploads/2023/08/Whole-Grain-Hambrger-Buns-2-eg-Bake-Crafters.pdf) |
| Veg |
| Fruit |
| Grain |

Breakfast = 2 fruits or 1 cup, Lunch is choice of juice/ OR ½ c of another fruit – All veg is ¾ c - No pork/pork by products, fish served. - Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk.