# **Faircrest Menu**

# NUTRITION SERVICES Fuel Up for Life

### **Breakfast**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
WEEK 1	Cocoa Cherry Bar	Breakfast Sliders	Confetti Pancakes	Bagel and Cream Cheese or Jam	Mini Donuts		
WEEK 2	Muffin Chocolate or Banana	Breakfast Sandwich	Pancake on a Stick	Breakfast Boats	Mini Donuts		
WEEK 3	Cocoa Cherry Bar	Breakfast Sliders	Confetti Pancakes	Bagel and Cream Cheese or Jam	Mini Donuts		
WEEK 4	Muffin Chocolate or Banana	Breakfast Sandwich	Pancake on a Stick	Breakfast Boats	Mini Donuts		

Yogurt Meal (Daily) & Cereal - Tuesday and Thursday • Cheese String Offered Daily

#### Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
WEEK 1	Chicken & Waffles Riblet Sandwich Maple Sweet Puffs Strawberry Cup	Walking Taco Ham & Cheese Stuffer Cheesy Refried Beans Corn Salsa Pineapple	Bosco Sticks California Blend Fresh Strawberries	Baked Ziti Garlic Bread Garlic Broccoli Applesauce	Fresh Baked Pizza Salad Carrots & Dip Sidekick		
WEEK 2	Cheese Quesadilla Italian Calzone with Marinara Cali Blend Strawberry Cup	Build Your Own Sub: Philly Steak & Cheese OR Meatball Sub with Chips Flame Roasted Peppers & Onions Applesauce	Vegetarian Soft Pretzel Bites & Nacho Cheese OR Mozzarella Sticks & Marinara Peaches	Drumstick Noodles Mashed Potatoes with Dinner Roll & Butter Green Beans Mandarin Oranges	Fresh Baked Pizza Pepperoni/Cheese Mac n' Cheese Salad Carrots & Dip Whole Fruit		
WEEK 3	Crispy Chicken Fillet Sandwich BBQ Pulled Pork Sandwich Waffle Fries Strawberry Cup	Loaded Nachos OR Buffalo Nachos Corn Salsa Pears	Hot Dog OR Coney Baked Beans Peaches	Chicken Wings with Soft Pretzel Rod Mozzarella Sticks & Dip Celery & Carrots with Ranch Applesauce	Fresh Baked Pizza Salad Carrots & Dip Sidekick		
WEEK 4	Chicken Tenders Baked Beans Strawberry Cup	Farmer's Breakfast Potatoes Juice Box	BBQ Pulled Pork Sandwich Mac n' Cheese	Roadhouse Burger Corn Dog French Fries Sidekick	Fresh Baked Pizza Pepperoni/Cheese Honey Bacon Salad Carrots & Dip Whole Fruit		

Fresh fruit and veggie cups are offered daily with hummus.

## **Market Place**

Daily: Bistro Boxes: Pepperoni, Cheese & Crackers or Pizza; Uncrustable Meal; Veggie Salad Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WEEK CYCLE	Buffalo Chicken Wrap Taco Salad	California Club Wrap Egg Salad Sandwich on Bun Strawberry Salad	Chicken Tender Wrap (Plain & Spicy) Pasta Salad	Italian Wrap Popcorn Chicken Salad (Plain & Spicy)	Asian Wrap Harvest Salad

#### **School Meal Calendar**

Fresh fruit and veggie cups are offered daily with hummus.

#### Harvest of the Month Second Thursday

**March -** Spinach - Green Smoothie (spinach, pineapple, banana, yogurt)

April - Beets - Beet Chips

May - Peas - Pea Guacamole

WEEK 1	MARCH 2020						APRIL 2020							MAY 2020							
	1	2	3	4	5	6	7				1	2	3	4						1	2
WEEK 2	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
WEEK 3	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
WEEK 4	29	30	31					26	27	28	29	30			24/31	25	26	27	28	29	30

A new menu cycle will begin in August. An updated menu will be sent home at the end of July.

Students are offered five components daily: protein, grains, fruit, vegetables and milk. The student must take at least three of the five components, one being a fruit or vegetable, to make a meal. The USDA has allowed leniency for whole grains. The vast majority of the grains offered are still whole-grain rich items. Daily milk offerings: nonfat chocolate, nonfat strawberry and 1% white.