







March 2010

Downtown Miami Charter



4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 CHICKEN TENDERS W/ POTATO WEDGES Frozen Juice Bar Corn Muffin	3 SPAGHETTI W/MEATBALLS Garden Vegetables Pineapple Tidbits Chocolate Chip Cookie	4 HOT DOG AND FRENCH FRIES Fresh Pear^ Double Fudge Cookie	5 PIZZA DIPPERS Marinara Dipping Sauce Fresh Baby Carrots Fresh Apple^
8  BEEF SAUSAGE, EGG, & CHEESE BISCUIT Potato Stix Grape Juice Bar	9 DELI COMBO Apple Cranberry Juice Peach Cup Chocolate Chip Cookie	10 TORPEDO SANDWICH Orange Juice Strawberry Applesauce Cherry Muffin	11 HERO SANDWICH Apple Cranberry Juice Fresh Banana^ Chocolate Chip Pumpkin Muffin	12 CHEESE PIZZA Tossed Salad Fresh Orange^
National School Breakfast Week				
15 TEX MEX TURKEY RICE BOWL Fruited Gelatin Tortilla Rounds (Whole Grain)	16 TORPEDO SANDWICH Grape Juice Diced Pears Chocolate Chip Pumpkin Muffin	17 HERO SANDWICH Orange Juice Strawberry Applesauce St. Patrick's Day Cookie  St. Patrick's Day	18 DELI COMBO Blended Fruit Juice Fresh Apple^ Cherry Muffin	19 FRENCH BREAD CHEESE PIZZA Fresh Baby Carrots Fresh Pear^ Apple Waffle Snap Crackers
22 TERIYAKI GLAZED CHICKEN W/ FRIED RICE Peas & Carrots Grape Shape Up Bread Stick Sugar Cookie	23 SALISBURY STEAK WITH GRAVY Mashed Potatoes Pineapple Cup Wheat Bread	24 TOASTED HAM & CHEESE ON WHEAT BREAD Fiesta Corn Mixed Fruit Cup Goldfish Crackers	25 RIB-B-QUE Potato Rounds Fresh Banana^ Honey Wheat Pretzels (Multi Grain)	26 PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Fresh Orange^ Chocolate Chip Cookie
SPRING BREAK				
				

***ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. *MENU SUBJECT TO CHANGE.



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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 COCOA KRISPIES Apple Granola Square Grape Juice	3 BANANA MUFFIN Grape Juice	4 CINNAMON SWIRL FRENCH TOAST Fresh Apple^	5 FROSTED MINI WHEATS (WHOLE GRAIN) Superstix with strawberry cream cheese Orange Juice
8 APPLE JACKS Glazed Donut Blended Fruit Juice	9 BUTTERMILK WAFFLES Grape Juice	10 CORN POPS Sliced Bagel Orange Juice	11 BREAKFAST TOASTED CHEESE SANDWICH Fresh Apple^	12 BLUEBERRY MUFFIN Apple Cranberry Juice
National School Breakfast Week				
15 FROSTED FLAKES (REDUCED SUGAR) Strawberry Waffle Crackers Grape Juice	16 BREAKFAST BURRITO Blended Fruit Juice	17 MAPLE EGGO CRUNCH (WHOLE GRAIN) Apple Muffin Grape Juice St. Patrick's Day	18 FRENCH TOAST STICKS Fresh Orange^	19 CINNAMON RAISIN BAGEL Grape Juice
22 RICE KRISPIES Apple Waffle Snap Crackers Orange Pineapple Juice	23 PANCAKE & TURKEY SAUSAGE ON A STICK Grape Juice	24 BLUEBERRY MUFFIN Orange Juice	25 EGG AND CHEESE ON A BAGEL Fresh Apple^	26 MINI WHEATS LITTLE BITES (WHOLE GRAIN) Raisin Bran Muffin Apple Cranberry Juice
SPRING BREAK				
				

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