





March Breakfast

Ropes ISD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This institution is an equal opportunity provider.	2 Pancakes with bacon or cereal, variety with toast fruit, fruit juice, milk variety	3 Cheese toast with cereal or cereal bar, with yogurt, fruit juice, milk variety	4 Chicken-n-biscuit or muffin with yogurt, fruit juice, milk variety	5 Breakfast burrito and hash browns or muffin with yogurt, fruit juice, milk variety	6 Breakfast strudel, with yogurt or breakfast crackers, with cheese stick, fruit juice, milk variety	7
8 	9 Sausage kolache with yogurt, or cereal variety, with toast, fruit, fruit juice, milk variety	10 Donut with sausage, or muffin with yogurt, fruit, fruit juice, milk variety	11 Waffles with sausage, or muffin with yogurt fruit, fruit juice, milk variety	12 Breakfast pizza or breakfast crackers, with cheese stick, fruit, fruit juice, milk variety	13 Cheese omelet or cereal bar with yogurt, fruit, fruit juice, milk variety	14
15	16	17	18	19	20	21
						
22	23 Pancakes with sausage or muffin with yogurt, fruit, fruit juice, milk variety	24 Breakfast burrito with hash browns or breakfast strudel with cheese stick, fruit, fruit juice, milk variety	25 Power breakfast, scrambled eggs, biscuit ,gravy, bacon or cereal variety with toast, fruit, fruit juice, milk variety	26 Breakfast sandwich or cereal variety with toast, fruit, fruit juice, milk variety	27 Breakfast bread with yogurt or breakfast crackers with cheese stick, fruit, fruit juice, milk variety	28
29	30 Waffles with bacon or muffin with yogurt, fruit, fruit juice, milk variety	31 Sausage egg and cheese biscuit or breakfast strudel with cheese stick, fruit, fruit juice, milk variety	1 Breakfast pizza or cereal variety with toast, fruit, fruit juice, milk variety	2 Cinnamon roll with sausage or breakfast crackers and cheese stick, fruit, fruit juice, milk variety	3 Biscuits, gravy, scrambled egg or cereal variety with toast, fruit, fruit juice, milk variety	
					<p>*1% low-fat white milk is provided to Pre-K on a daily basis.</p> <p>*Additional fruit or juice is offered to students in grades 9-12 daily.</p> <p>* Animal crackers, Pre-K only</p> <p>**indicates items are not available for Pre-K</p> <p>***Rice is offered for grades 9-12 only</p>	



March Lunch

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			March Lunch			
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This institution is an equal opportunity provider. 8 	2 Texas basket, **zesty cucumbers, strawberries, milk variety	3 Chicken fajitas, *** Spanish rice, beans, **carrots, **salsa, ** lettuce and tomato garnish, hot cinnamon apples, **sherbet cup, milk variety	4 Breaded pork chop, mashed potatoes, gravy, savory green beans, **roll, fresh apple slices, milk variety	5 Ranchero wrap, corn, **fresh veggie cup, snowball salad, milk variety	6 Cheesy breadsticks, **tuscan vegetables, garden salad, ** marinara sauce, peaches, **grain based dessert, milk variety	7
	9 Taquitos, queso, beans, **corn, **salsa, fresh **grain based dessert milk variety	10 Meatball sub sandwiches, tater tots, **fresh veggie cup, strawberries, milk variety	11 Chicken nuggets, mac and cheese, savory green beans, **garden salad, fresh grapes, milk variety	12 Hamburger/cheese, **hamburger garnish, cucumber slices, **carrots, cinnamon apples**grain based dessert, milk variety	13 Pizza choice, red bell pepper strips, **corn, fruity gelatin, milk variety	14
15	16	17	18	19	20	21
						
22	23 Hot dog, sweet potato, **corn, fresh grapes, milk variety	24 Crispy tacos, **spanish rice, **fresh veggie cup, beans, **salsa, **lettuce and tomato garnish, orange smiles, milk variety	25 Ravioli, **tuscan vegetables, broccoli, **roll, fruit cup, **grain based dessert, milk variety	26 Pulled pork sliders, ***multigrain chips, savory green beans, **garden salad, chilled pineapple, **grain based dessert, milk variety	27 Pizza choice, carrots, **seasoned corn, fresh grapes, **grain based variety, milk variety	28
	30 Country fried steak, gravy, mashed potatoes, **okra, **roll, strawberries, milk variety	31 Enchiladas, ***spanish rice, ** salsa, **zesty cucumbers, beans, **lettuce and tomato garnish, rosy applesauce, milk variety			1% low-fat white milk is provided to Pre-K on a daily basis. *Additional fruit or juice is offered to students in grades 9-12 daily. *Animal crackers, Pre-K only **Indicates items are not available to Pre-K *** Indicates item is offered to grades 9-12 only	

