<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 2 Fruity Cheerios  
WG Grahams  
Fruit & Juice  
Milk | 3 Hot Breakfast  
Fruit  
Juice  
Milk | 4 Chocolate Chip Muffin  
Fruit  
Juice  
Milk | 5 Bagel & Jelly  
Fruit  
Juice  
Milk | 6 Blueberry Muffin  
Fruit  
Juice  
Milk |
| 9 Golden Grahams  
WG Grahams  
Fruit  
Juice  
Milk | 10 Waffle w/Butter & Syrup  
Fruit  
Juice  
Milk | 11 Yogurt & Granola Bar  
Fruit  
Juice  
Milk | 12 Banana Muffin  
Fruit  
Juice  
Milk | 13 Apple Roll  
Fruit  
Juice  
Milk |
| 16 Frosted Flakes & WG Grahams  
Fruit  
Juice  
Milk | 17 Hot Breakfast  
Fruit  
Juice  
Milk | 18 WG Banana Bread  
Fruit  
Juice  
Milk | 19 Cinnamon Roll  
Fruit  
Juice  
Milk | 20 Chocolate Chip Muffin  
Fruit  
Juice  
Milk |
| 23 Rice Krispies  
WG Grahams  
Fruit & Juice  
Milk | 24 Croissant w/Jelly  
Fruit  
Juice  
Milk | 25 Yogurt & Granola Bar  
Fruit  
Juice  
Milk | 26 WG Apple Cinnamon Muffin  
Fruit  
Juice  
Milk | 27 Cinnamon Roll  
Fruit  
Juice  
Milk |
| 30 Alpha Bits  
WG Grahams  
Fruit & Juice  
Milk | 31 Hot Breakfast  
Fruit  
Juice  
Milk | | | |

* All Meals include Choice of 1% or Skim Milk.  
Circle a Milk Choice  
1%  
Skim  
* Complies with NSLP Regulations

**PLEASE MAKE A MEAL CHOICE BY CIRCLING THE DAY BREAKFAST IS DESIRED.**

**ALL MENUS ARE SUBJECT TO CHANGE**

*Before placing your order, please inform the school if you have a food allergy!*
## ACADEMY of the PACIFIC RIM K-8
### March, 2020

### LUNCH

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oven Baked Chicken Bites</td>
<td>Beef Hot Dog on WG Bun</td>
<td>Chicken Curry Casserole</td>
<td>Pancakes w/Syrup</td>
<td>Macaroni &amp; Cheese</td>
</tr>
<tr>
<td>Potato Wedges &amp; Roll</td>
<td>Baked Beans</td>
<td>Rice &amp; Green Beans</td>
<td>Turkey Breakfast Sausage</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Fruit</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Sweet Potato Puffs &amp; Fruit</td>
<td>Fruit</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>General Tso’s Chicken</td>
<td>Stir Fry Beef</td>
<td>Ziti &amp; Meatballs</td>
<td>Double Stuffed Pizza</td>
<td></td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Stir Fry Veggies</td>
<td>Carrots</td>
<td>Potato Wedges</td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Rice</td>
<td>Fruit</td>
<td>Whole Grain Roll</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Fruit</td>
<td>Milk</td>
<td></td>
<td></td>
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<tr>
<td>Milk</td>
<td>Milk</td>
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<td></td>
</tr>
<tr>
<td>Hamburger on WG Bun</td>
<td>Inside Out Chicken Tacos</td>
<td>Meatball Sub</td>
<td>Oven Baked Chicken &amp; Waffle</td>
<td></td>
</tr>
<tr>
<td>Baked Beans</td>
<td>(Taco Chips on the Side)</td>
<td>Green Beans</td>
<td>Potato Wedges</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Broccoli</td>
<td>Fruit</td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Fruit</td>
<td>Milk</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Pot Stickers &amp; Lo Mein</td>
<td>Mango Chicken Drumstick</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noodles</td>
<td>Brown Rice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stir Fry Veggies</td>
<td>Corn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oven Fried Chicken</td>
<td>American Chop Suey</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drumstick</td>
<td>Green Beans</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>Whole Grain Roll</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>Fruit</td>
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<td></td>
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</tr>
<tr>
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Circle a Milk Choice

1%  
Skim

*Complies with NSLP Regulations

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