



# BREAKFAST

# MARCH 2023

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain Cereal  
Orange

6

Whole Grain Bagels  
Cream Cheese  
Pineapple

7

Whole Grain  
Waffle  
Turkey Sausage Patty  
100% Fruit Juice  
Fruit Jelly

1

Whole Grain French  
Toast  
Turkey Sausage Link  
Apples  
Fruit Jelly

2

Fat Free Yogurt  
Granola  
Pears

3

Whole Grain Cereal  
Pears

13

Whole Grain  
French Toast  
Turkey Sausage Link  
Cantaloupe  
Fruit Jelly

14

**HEAR THE CRUNCH!**

Whole Grain  
Banana  
Muffins  
100% Fruit Juice

15

Whole Grain  
Waffles  
Turkey Bacon  
Apples  
Fruit Jelly

16

Fat Free Yogurt  
Granola  
Fruit Salad

17

Whole Grain Cereal  
Oranges

20

Whole Grain Bagels  
Cream Cheese  
100% Fruit Juice

21

Fat Free Yogurt  
Granola  
Pears

22

Whole Grain  
Pancakes  
Turkey Bacon  
Apple Sauce

23

WG English Muffin  
With Turkey Sausage Patty  
& American Cheese  
Apples

24

Whole Grain Cereal  
Pears

27

Whole Grain  
French Toast  
Turkey Sausage Link  
Pineapple

28

Whole Grain  
Banana  
Muffin  
100% Fruit Juice

29

Whole Grain  
Waffles  
Turkey Sausage Patty  
Oranges

30

Fat Free Yogurt  
Granola  
Bananas

31

All menus served with appropriate condiments and 1% Milk or Fat Free Milk.

Menu subject to change.

Daily fruit offered might change depending on availability.

*This institution is an equal opportunity provider*

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


Chicken Nuggets  
Whole Grain Roll  
Baked Beans  
Apples

**6**

Chicken Tacos  
Taco Shells  
Corn  
Bananas

**7**

Chicken & Cheese  
Quesadilla  
Baked Beans  
Pears

**1**

Cheeseburger on  
Whole Grain Bun  
Potato Fries  
Oranges

**2**

Chicken Salad  
Sandwich  
Coleslaw  
100% Fruit Juice

**3**

Chicken Patty  
Sandwich  
On WG Bun  
Broccoli  
Apple Sauce

**13**

Beef Hot Dogs  
Hot Dog Roll  
Baked Beans  
Banana

**14**

Ground Beef Spanish  
Rice  
Green Beans  
Diced Peach Cup

**15**

Cheese Quesadillas  
Corn  
Oranges

**16**

Turkey Bologna  
& Cheese Sandwich  
Coleslaw  
100% Fruit Juice

**17**

Chicken Drumstick  
Whole Grain Roll  
Sweet Potatoes  
Apple Sauce

**20**

Beef Tacos  
Taco Shells  
Banana

**21**

Cheese Pizza  
Broccoli  
Apples

**22**

Spanish Rice with  
Chicken  
Green Beans  
Oranges

**23**

Macaroni & Cheese  
Corn  
Pears

**24**

Chicken Patty Sandwich  
On WG Bun  
Broccoli  
Oranges

**27**

Chicken Nuggets  
WG Roll  
Baked Beans  
Banana

**28**

Chicken Teriyaki  
Brown Rice  
Green Beans  
Pears

**29**

Cheeseburger on  
Whole Grain Bun  
Potato Fries  
Apple Sauce

**30**

Turkey Ham and Cheese  
Sandwich  
Romaine Lettuce &  
Tomato Salad  
100% Fruit Juice

**31**

All menus served with appropriate condiments and 1% Milk or Fat Free Milk.

- Menu subject to change.
- Daily fruit offered might change depending on availability.

*This institution is an equal opportunity provider*



# BREAKFAST

## MARCH 2023 VEGETARIAN

TOP SPANISH CATERING, INC

Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain Cereal  
Orange

6

Whole Grain Bagels  
Cream Cheese  
Pineapple

7

Whole Grain  
Waffle  
100% Fruit Juice  
Fruit Jelly

1

Whole Grain French  
Toast  
Apples  
Fruit Jelly

2

Fat Free Yogurt  
Granola  
Pears

3

Whole Grain Cereal  
Pears

13

Whole Grain  
French Toast  
Cantaloupe  
Fruit Jelly

14

**HEAR THE CRUNCH!**

Whole Grain  
Banana  
Muffins  
100% Fruit Juice

15

Whole Grain  
Waffles  
Apples  
Fruit Jelly

16

Fat Free Yogurt  
Granola  
Fruit Salad

17

Whole Grain Cereal  
Oranges

20

Whole Grain Bagels  
Cream Cheese  
100% Fruit Juice

21

Fat Free Yogurt  
Granola  
Pears

22

Whole Grain  
Pancakes  
Apple Sauce

23

WG English Muffin  
With American Cheese  
Apples

24

Whole Grain Cereal  
Pears

27

Whole Grain  
French Toast  
Pineapple

28

Whole Grain  
Banana  
Muffin  
100% Fruit Juice

29

Whole Grain  
Waffles  
Oranges

30

Fat Free Yogurt  
Granola  
Bananas

31

**NO SCHOOL**

All menus served with appropriate condiments and 1% Milk or Fat Free Milk.

Menu subject to change.

Daily fruit offered might change depending on availability.

*This institution is an equal opportunity provider*

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


Vegetarian Patty  
Whole Grain Roll  
Baked Beans  
Apples

Vegetarian Meat Tacos  
Taco Shells  
Corn  
Bananas

Cheese  
Quesadilla  
Baked Beans  
Pears

Vegetarian Patty on  
Whole Grain Bun  
Potato Fries  
Oranges

Tofu and Lettuce  
Sandwich  
Coleslaw  
100% Fruit Juice

Vegetarian Patty  
Sandwich  
On WG Bun  
Broccoli  
Apple Sauce

Black Bean Patty  
Hot Dog Roll  
Baked Beans  
Banana

Spanish Rice with  
Vegetarian Meat  
Green Beans  
Diced Peach Cup

Cheese Quesadillas  
Corn  
Oranges

SunButter & Jelly  
Sandwich  
Coleslaw  
100% Fruit Juice

Vegetarian Patty  
Whole Grain Roll  
Sweet Potatoes  
Apple Sauce

Vegetarian Meat  
Tacos  
Taco Shells  
Banana

Cheese Pizza  
Broccoli  
Apples

Spanish Rice with  
Vegetarian Meat  
Green Beans  
Oranges

Macaroni & Cheese  
Corn  
Pears

Cheese Quesadilla  
Broccoli  
Oranges

Vegetarian Patty  
WG Roll  
Baked Beans  
Banana

Vegetarian Meat and  
Vegetable Stir Fry  
Brown Rice  
Green Beans  
Pears

Black Bean Patty on  
Whole Grain Bun  
Potato Fries  
Apple Sauce

SunButter & Jelly  
Sandwich  
Romaine Lettuce &  
Tomato Salad  
100% Fruit Juice

All menus served with appropriate condiments and 1% Milk or Fat Free Milk.

- Menu subject to change.
- Daily fruit offered might change depending on availability.

*This institution is an equal opportunity provider*