# **MARCH 2024**

KND Elementary School

MON

TUE

WED

THU

FRI





**Breakfast** 

**Breakfast Sandwich** 

Lunch

Tangerine Chicken, Rice.

Mixed Vegetables.

Pineapple **OR** Chicken

Noodle Soup, Breadstick



Coco Puffs Bar Lunch

Green Eggs & Ham,

Pancakes, Hash Browns, Fresh Berries OR Cat in the Hat Yogurt Parfait, Muffin

**Breakfast Waffles** 

Lunch

Mozzarella Sticks. Marinara, Caesar Salad. Breadstick, Fruit Slush Cup **OR** Shamrock Parfait, Granola, Muffin

Breakfast Coco Puffs Bar Lunch

Stuffed Crust Cheese Pizza, Key West Vegetables, Pears OR Cat in the Hat Parfait, Granola, Muffin Breakfast

22 Waffles Lunch

Garlic Cheese French Bread, Green Beans, Apple, Dessert OR Shamrock Yogurt Parfait, Granola, Muffin

# **ANNOUNCEMENTS**

Variety of fresh fruits and vegetables offered on our salad bar dailu

> \*Food allergen symbol: = contains peanuts

Ice cold milk options available dailu: low fat white, low fat chocolate

Check out the KND School **Nutrition** Facebook page!

This Institution is an equal

March 21 is 1/2 Day (noon release)

opportunity provider

## Breakfast **Mini Donuts**

Lunch Cheeseburger, Ranch Potato Wedges, Peaches OR PB&J 🥒 Sandwich, String Cheese, Goldfish

### **Breakfast** Banana Bread

Lunch Crispy Chicken Sandwich, Curly Fries, Peaches OR Grape Uncrustable, String Cheese, Goldfish

Breakfast Mini Pancakes

Chicken Drumstick, Roasted Potatoes. Green Beans, Fresh Grapes OR Strawberry Uncrustable, String Cheese, Cheez-its

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Lunch

# **Breakfast Breakfast Bagel**

Lunch Sharks & Waffles. Pineapple, Green Beans OR Hot Ham & Cheese Pretzel. Chex Mix

**Breakfast** Breakfast Pizza Lunch

Soft Tacos, Fixins, Spanish Rice, Pineapple **OR** Ham & Cheese Pretzel, Chex Mix

# Breakfast

Cinnamon Roll Lunch Italian Spaghetti, Green Beans, Garlic Toast, Pears OR Hot Ham & Cheese Pretzel.

Chex Mix

# **Breakfast** 6 Blueberry Pom Bar

Lunch Chicken Alfredo, Steamed Broccoli, Garlic Bread, Pears OR Corn Dog, Sweet Potato Fries

Breakfast 13 Yogurt & Muffin Lunch French Toast Sticks. Sausage, Hash Browns, Fresh Melon OR Corn Dog, Sweet Potato

### <u>Fries</u> **Breakfast**

Chocolate Cherry Bar Lunch Bobcat Bowl, Chicken. Mashed Potatoes, Corn, Gravy, Cheese, Fruit **OR** Corn Dog, Baked Beans

Breakfast 14 Baaels Lunch Turkey Bacon Sub, Pasta Salad, Fresh Apples OR Chicken Bacon Ranch Wrap, Berry Scone

### Breakfast Breakfast Sandwich

Lunch Mac & Cheese, Pretzel Stick, Mixed Vegetables, Oranges **OR** Chicken Noodle Soup, Breadstick



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We need SUBS!

Call the school office or email Tim at klenowt@manistee.org to learn how to apply!!