



2023



**CENTRAL &
GLENDALE
PRIMARY SCHOOLS**

GRADES K-2

National School Breakfast Week is March 6 - 10. Come Join Us For Breakfast!

Healthy Choices.....Healthy Life

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Campfire S'more Bar Raisins Orange Juice Low Fat Milk-Variety	Dream Waffle Mixed Fruit Cup Apple Juice Low Fat Milk-Variety	Frudel Flavored Craisins Apple Juice Low Fat Milk-Variety	Donut Holes Fresh Apple Slices bag Apple Juice Low Fat Milk-Variety	Breakfast Bread Slice Applesauce Cup Orange Juice Low Fat Milk-Variety	Cal 517 T.Fat 10.42 G S.Fat 3.8 G Chol 16.5 Mg Sodm 374.50 Mg

* Denotes Item Contains Pork

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
6 Crazy Cheese Bread Marinara Cups Steamed Cauliflower Chilled Mandarin Oranges Low Fat Milk-Variety	7 Chicken Patty on Bun Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie Low Fat Milk-Variety	8 Chili w/ Cheese Goldfish Corn Carrot Sticks Applesauce Cup Low Fat Milk-Variety	9 Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup Low Fat Milk-Variety	10 Chicken Drumstick Corn Loaf Veggie Baked Beans Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety	Cal 648 T.Fat 17.36 G S.Fat 5.3 G Chol 50.7 Mg Sodm 1045.55 Mg Carb 94.31 G Fiber 8.6 G Prtn 31.40 G
13 Ham (turkey) on Hawaiian Bun Carrot Sticks Dragon Punch Juice Fruit Cocktail Low Fat Milk-Variety	14 Bearcat Pizza Bagel Green Beans Potato Smiles Mixed Fruit Juice 100% Low Fat Milk-Variety	15 Taco Wedges Salsa Cup Corn Fresh Apple Slices bag Low Fat Milk-Variety	16 Domino's Pizza Chick Pea Salad Carrot Sticks Applesauce Cup Low Fat Milk-Variety	17 Cheese Quesadilla Garden Salad & Dressing Fresh Banana Ice Cream Treat Low Fat Milk-Variety HAPPY ST. PATRICK'S DAY!	Cal 647 T.Fat 17.23 G S.Fat 6.9 G Chol 32.1 Mg Sodm 1045.20 Mg Carb 98.91 G Fiber 8.3 G Prtn 27.07 G

Ingredients and menu items are subject to change or substitution without notice.

**Daylight
Savings Time**



*****DON'T FORGET!*****

Set Your Clocks ahead 1 HOUR
before you go to bed on Saturday,
March 11 and change the batteries
in your smoke detectors too!



"This Institution is an equal opportunity provider."




Grilled Cheese will be available as a no meat option on Fridays during Lent.

March 2023

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GLENDALE
PRIMARY SCHOOLS

GRADES K-2



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
20 Honey BBQ Beef Rib/Bun Potato Smiles Carrot Sticks Pineapple Tidbits Low Fat Milk-Variety <i>First Day of Spring!</i> 	21 Chicken Nuggets w/ BBQ Goldfish Corn Vegetarian Baked Beans Chilled Peaches Low Fat Milk-Variety	22 Rotini Pasta w/ Meat Sauce Bread Stick Twist Veggie California Blend Chilled Pears Low Fat Milk-Variety	23 Domino's Pizza Red Veg Plate Peas Mixed Fruit Cup Low Fat Milk-Variety	24 Taco Stick Salsa Cup Broccoli Applesauce Cup Low Fat Milk-Variety	Cal 688 T.Fat 16.80 G S.Fat 6.4 G Chol 47.4 Mg Sodm 1189.41 Mg Carb 105.17 G Fiber 9.9 G Prtn 31.99 G Iron 3.86 Mg
27 	28	29 <i>SPRING BREAK 2023</i> NO SCHOOL March 27th thru March 31st. <i>HAVE A WONDERFUL VACATION!!!</i>	30 	31	Cal 628 T.Fat 17.48 G S.Fat 5.9 G Chol 49.8 Mg Sodm 1055.52 Mg Carb 91.33 G Fiber 10.0 G Prtn 30.90 G Iron 3.13 Mg

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Free and Reduced meals are available to all children who may qualify. If you think you may be eligible, or if your income situation has changed, you can apply at anytime. Simply fill out a current 2022-2023 application or go to the district website on the Nutrition page and click on the online application link anywhere, anytime on the Titan Family Portal.

If you have any questions about the Free and Reduced meal program please call 440-439-4530.