



2023


National School Breakfast Week is March 6 - 10. Come Join Us For Breakfast!  
**Healthy Choices.....Healthy Life**



**CENTRAL &  
 GLENDALE  
 PRE K**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Campfire S'more Bar Raisins Orange Juice White Milk 1%	Dream Waffle Mixed Fruit Cup Apple Juice White Milk 1%	Frudel Flavored Craisins Apple Juice White Milk 1%	Donut Holes Fresh Apple Slices bag Apple Juice White Milk 1%	Breakfast Bread Slice Applesauce Cup Orange Juice White Milk 1%	Cal 473 T.Fat 10.90 G S.Fat 4.1 G Chol 18.4 Mg

\* Denotes Item Contains Pork

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>6</b> Crazy Cheese Bread Marinara Cups Steamed Cauliflower Chilled Mandarin Oranges White Milk 1%	<b>7</b> Chicken Patty on Bun Broccoli and Dip Carrot Sticks Strawberry Kiwi Slushie White Milk 1%	<b>8</b> Chili w/ Cheese Goldfish Corn Carrot Sticks Applesauce Cup White Milk 1%	<b>9</b> Domino's Pizza Garden Salad & Dressing Green Beans Peach Cup White Milk 1%	<b>10</b> Chicken Drumstick Corn Loaf Veggie Baked Beans Carrot Sticks Pineapple Tidbits White Milk 1%	Cal 604 T.Fat 17.83 G S.Fat 5.6 G Chol 52.6 Mg Sodm 1011.65 Mg Carb 81.85 G Fiber 8.6 G
<b>13</b> Ham(turkey) on Hawaiian Bun Carrot Sticks Dragon Punch Juice Fruit Cocktail White Milk 1%	<b>14</b> Bearcat Pizza Bagel Green Beans Potato Smiles Mixed Fruit Juice 100% White Milk 1%	<b>15</b> Taco Wedges Salsa Cup Corn Fresh Apple Slices bag White Milk 1%	<b>16</b> Domino's Pizza Chick Pea Salad Carrot Sticks Applesauce Cup White Milk 1%	<b>17</b> NO SCHOOL TODAY!  Happy St. Patrick's Day!	Cal 592 T.Fat 17.70 G S.Fat 7.2 G Chol 34.0 Mg Sodm 1011.31 Mg Carb 83.25 G Fiber 8.3 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.



# CENTRAL & GLENDALE PRE K

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>20</b> Honey BBQ Beef Rib/Bun Potato Smiles Carrot Sticks Pineapple Tidbits White Milk 1%  <i>First Day of Spring!</i> 	<b>21</b> Chicken Nuggets w/ BBQ Goldfish Corn Vegetarian Baked Beans Chilled Peaches White Milk 1%	<b>22</b> Rotini Pasta w/ Meat Sauce Bread Stick Twist Veggie California Blend Chilled Pears White Milk 1%	<b>23</b> Domino's Pizza Red Veg Plate Peas Mixed Fruit Cup White Milk 1%	<b>24</b> Taco Stick Salsa Cup Broccoli Applesauce Cup White Milk 1%	Cal 645 T.Fat 17.27 G S.Fat 6.7 G Chol 49.3 Mg Sodm 1155.51 Mg Carb 92.71 G Fiber 9.9 G Prtn 31.99 G Iron 3.86 Mg Calc 535.55 Mg
<b>27</b> 	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	Cal 572 T.Fat 18.21 G S.Fat 6.0 G Chol 49.7 Mg Sodm 1020.10 Mg Carb 76.99 G Fiber 9.5 G Prtn 28.89 G Iron 3.03 Mg Calc 534.31 Mg

***SPRING BREAK 2023** NO SCHOOL  
 March 27th thru March 31st. *HAVE A WONDERFUL VACATION!!!**

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\* Denotes Item Contains Pork

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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.*