

SCRAMBLE EGGS

W/TOAST

OR

ASSORTED 100% JUICE CHOICE OF FRUIT

CHOICE OF MILK

ASSORTED CEREAL

WG FRENCH TOAST

STICKS WITH SYRUP

OR

ASSORTED 100% JUICE

**CHOICE OF FRUIT** 

CHOICE OF MILK

ASSORTED CEREAL



## LEAP Academy Charter School H-S- STEM-UPPER-LOWER-BREAKFAST -MARCH-2020







MONDAY	TUESDAY	WEDNESDAY	Thursday	FRIDAY
2-MAR	3-Mar	4-MAR	5-MAR	6-MAR
EGG AND CHEESE		1 1 1 1 1 1 1 1		5 .v
OMELETTE	OATMEAL WITH	CREAM OF WHEAT	HAM & CHEESE ON A	WARMED
OWIELETTE	ASSORTED YOGURT	WITH WG TOAST	WHOLE GRAIN	WG BISCUIT
OR	OR	OR	OR	OR
ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL
ASSORTED 100% JUICE	ASSORTED 100% JUICE	ASSORTED 100% JUICE	ASSORTED 100% JUICE	ASSORTED 100% JUICE
CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT
CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
			1 7 11 11	
PANCAKE	WHOLE GRAIN BAGEL	EGG AND CHEESE	TURKEY SAUSAGE AND	YOGURT PARFAIT WITH
W/ SYRUP	WITH CREAM CHEESE	ON A WG CROISSANT	PANCAKE ON A STICK	A WG MUFFIN
OR	OR	OR OR	OR	OR
ASSORTED CEREAL				
ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL	ASSORTED CEREAL
1				
ASSORTED 100% JUICE	ASSORTED 100% JUICE	ASSORTED 100% JUICE	ASSORTED 100% JUICE	ASSORTED 100% JUICE
CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT	CHOICE OF FRUIT
CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK	CHOICE OF MILK
16-MAR	17-Mar	18-Mar	19-Mar	20-Mar
16-Mar	17-Mar	18-Mar	19-MAR	20-MAR
16-MAR CREAM OF WHEAT	17-MAR HAM AND CHEESE ON A	18-MAR WG French Toast	19-Mar	20-Mar
			19-MAR	20-Mar
CREAM OF WHEAT WITH WG TOAST	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT	WG FRENCH TOAST STICKS WITH SYRUP		
CREAM OF WHEAT WITH WG TOAST OR	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR	WG FRENCH TOAST STICKS WITH SYRUP OR	19-MAR SCHOOL CLOSE	20-MAR SCHOOL CLOSE
CREAM OF WHEAT WITH WG TOAST	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT	WG FRENCH TOAST STICKS WITH SYRUP		
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL		
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE		
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT		
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE		
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	SCHOOL CLOSE	SCHOOL CLOSE
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK 23-MAR	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT	SCHOOL CLOSE	
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL	SCHOOL CLOSE
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK 23-MAR	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	SCHOOL CLOSE	SCHOOL CLOSE
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL	SCHOOL CLOSE
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR WARMED	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK 25-MAR EGG AND CHEESE	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL	SCHOOL CLOSE  27-MAR  PANCAKE
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE W/ SYRUP	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR WARMED WG BISCUIT	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  25-MAR  EGG AND CHEESE OMELETTE OR	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL WITH CREAM CHEESE	SCHOOL CLOSE  27-MAR  PANCAKE W/ SYRUP OR
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE W/ SYRUP OR	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR  WARMED WG BISCUIT OR	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  25-MAR EGG AND CHEESE OMELETTE	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL WITH CREAM CHEESE  OR	SCHOOL CLOSE  27-MAR  PANCAKE W/ SYRUP
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE W/ SYRUP  OR ASSORTED CEREAL	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR  WARMED WG BISCUIT OR ASSORTED CEREAL	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  25-MAR EGG AND CHEESE OMELETTE OR ASSORTED CEREAL	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL WITH CREAM CHEESE OR ASSORTED CEREAL	27-MAR  PANCAKE W/ SYRUP OR ASSORTED CEREAL
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE W/ SYRUP  OR ASSORTED CEREAL  ASSORTED 100% JUICE	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR  WARMED WG BISCUIT OR ASSORTED CEREAL  ASSORTED 100% JUICE	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  25-MAR EGG AND CHEESE OMELETTE OR ASSORTED CEREAL ASSORTED 100% JUICE	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL WITH CREAM CHEESE  OR ASSORTED CEREAL  ASSORTED 100% JUICE	27-MAR  PANCAKE W/ SYRUP OR ASSORTED CEREAL  ASSORTED 100% JUICE
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE W/ SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR  WARMED WG BISCUIT OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  25-MAR  EGG AND CHEESE OMELETTE OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL WITH CREAM CHEESE OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT	27-MAR  PANCAKE W/ SYRUP OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE W/ SYRUP  OR ASSORTED CEREAL  ASSORTED 100% JUICE	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR  WARMED WG BISCUIT OR ASSORTED CEREAL  ASSORTED 100% JUICE	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  25-MAR EGG AND CHEESE OMELETTE OR ASSORTED CEREAL ASSORTED 100% JUICE	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL WITH CREAM CHEESE  OR ASSORTED CEREAL  ASSORTED 100% JUICE	27-MAR  PANCAKE W/ SYRUP OR ASSORTED CEREAL  ASSORTED 100% JUICE
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  23-MAR PANCAKE W/ SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  24-MAR  WARMED WG BISCUIT OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK  25-MAR  EGG AND CHEESE OMELETTE OR ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF FRUIT CHOICE OF MILK	SCHOOL CLOSE  26-MAR  WHOLE WHEAT BAGEL WITH CREAM CHEESE OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT	27-MAR  PANCAKE W/ SYRUP OR ASSORTED CEREAL  ASSORTED 100% JUICE CHOICE OF FRUIT

## What is a Meal?

You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable

Weekly Vegetable Subgroups May Include:
Dark green (spinach, broccoli, romaine,
spring salad), red/orange (carrots, sweet
potatoes, tomatoes, red peppers),
beans/peas (legumes), and starchy (white
potatoes, corn, peas, lima beans). Other
vegetables will include celery sticks,
cucumbers, cauliflower, green peppers,

green beans, cabbage, green peppers.

Daily Fruit Selections May Include:

Oranges, Apples, BananaS, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

## DAILY ENTRÉE OPTIONS MAY INCLUDE:

Cheese Burger on a Bun

Whole Grain Chicken Patty on a Bun Chicken Salad

Chopped Garden Salad Crispy Chicken Wrap Spicy Chicken Wrap Ham & Cheese Wrap

EXEC CHEF
MICHELE PASTORELLO
T.856-6145600
EXT.700105

MPASTORELLO@METZCORP.COM

