



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



MONDAY 2-MAR	TUESDAY 3-MAR	WEDNESDAY 4-MAR	THURSDAY 5-MAR	FRIDAY 6-MAR
EGG AND CHEESE OMELETTE OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	OATMEAL WITH ASSORTED YOGURT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	HAM & CHEESE ON A WHOLE GRAIN OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WARMED WG BISCUIT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
9-MAR	10-MAR	11-MAR	12-MAR	13-MAR
PANCAKE W/ SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WHOLE GRAIN BAGEL WITH CREAM CHEESE OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	EGG AND CHEESE ON A WG CROISSANT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	TURKEY SAUSAGE AND PANCAKE ON A STICK OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	YOGURT PARFAIT WITH A WG MUFFIN OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
16-MAR	17-MAR	18-MAR	19-MAR	20-MAR
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
23-MAR	24-MAR	25-MAR	26-MAR	27-MAR
PANCAKE W/ SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WARMED WG BISCUIT OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	EGG AND CHEESE OMELETTE OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	WHOLE WHEAT BAGEL WITH CREAM CHEESE OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	PANCAKE W/ SYRUP OR ASSORTED CEREAL ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
30-MAR	31-MAR			
SCRAMBLE EGGS W/TOAST 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			

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, Melon, 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

