

# KID'S STOP

# Cafe



eat. learn. live.

## Birmingham Elementary Lunch Menu

### NATIONAL NUTRITION MONTH

### March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>#FiestaFriday</b> Black Bean or Beef Taco Romaine Lettuce Diced Tomatoes Salsa Steamed Corn
4 Scrambled Eggs Cinnamon French Toast Baked Hashbrown Patty	5 Whole Grain Waffles with Berries Frozen Go-Big Yogurt Warm Apple Slices	6 <b>Domino's</b> Cheese Pizza or Pepperoni Pizza	7 Whole Grain Cinnamon Rolls Sausage Links  Hashbrown Stars	8  <b>Half Day: No Lunch</b>
<b>NATIONAL SCHOOL BREAKFAST WEEK!</b>				
11 <b>#BrunchforLunch</b>  Whole Grain Pancakes Smuckers Syrup Turkey Sausage Link  Baked Tater Tots	12  Whole Grain Mac & Cheese  Steam Carrots	13 <b>Domino's</b> Cheese Pizza or Pepperoni Pizza	14  Crispy Chicken Sandwich  Fresh Roasted Brussel Sprouts	15 <b>#FiestaFriday</b> Build Your Own Nachos Black Beans or Beef Cheddar Cheese Romaine Lettuce Diced Tomatoes Salsa Steamed Corn
18 <b>#BrunchforLunch</b> Whole Grain Mini Berry French Toast Smuckers Syrup Low-Fat String Cheese Frozen Go-Big Yogurt Treat Baked Smiley Fries	19 Gardenburger or All Beef Steakburger with Cherries Romaine Lettuce Sliced Tomatoes  Fresh Steamed Green Beans	20  <b>Half Day: No Lunch</b>	21  <b>Half Day: No Lunch</b>  	22 Grilled Cheese and Tomato Soup with Whole Grain Crackers  TREAT: Whole Grain Sugar Cookie
25 <b>#BrunchforLunch</b> Whole Grain Pull Apart Cinnamon Rolls Turkey Sausage Link  Baked Tater Tots	26 All Beef Ballpark Frank Hot Dog on Whole Grain Bun  Bush's Baked Beans	27 <b>Domino's</b> Cheese Pizza or Pepperoni Pizza	28 <b>#LuckyTrayDay</b> Baked, Whole Grain Chicken Tenders With Dipping Sauce Fresh Steamed Broccoli	29 <b>#FiestaFriday</b> Black Bean or Beef Taco Romaine Lettuce Diced Tomatoes Salsa Steamed Corn
<b>Daily B Choice</b>				
Yogurt Parfait with Berries	Baked, Whole Grain Chicken Nuggets		Chicken Caesar Salad	Whole Grain Bosco Sticks w/ Marinara
<b>Daily C Choice</b>				
Garden Salad	Cereal, Baked Goldfish, String Cheese & Yogurt	Garden Salad	Cereal, Baked Goldfish, String Cheese & Yogurt	Garden Salad
All lunch Choices include ALL fruits & vegetables offered on regular menu and our Fruit & Vegetable Bar				



Student Lunch is \$3.00 or \$0.40 if reduced lunch; 2<sup>nd</sup> entrée is \$1.50. Adult lunch is \$3.90  
 Items available for individual purchase all \$0.50 each: milk, water, item off fruit/veggie bar  
 A lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include fat-free white, chocolate or strawberry.

