

OAKCREST FAMILY RESTAURANT

Mar-17

PK-8 daily Gets 2 Half Cup different Vegetables & 1/2 Cup Fruit

680	680	840
Wednesday	Thursday	Friday
1-Mar	2-Mar	3-Mar
BBQ Chicken/ W. Roll	Chicken & cheese./ W. Bun	Cheese Pizza
Mashed Potato	Steamed Broccoli	Tossed Salad/Dress
Green Beans	Baked beans	Baby Carrot & Dip
Orange	Pineapple	Apples
skim white & Choc.	skim white & Choc.	skim white & Choc.

PK-12 daily Gets 2 OZ Meat or Meat substitute

750	680	680	680	840
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Cheese Pizza	Chicken Nuggets/Wheat Roll	Cheeseburger/ w Bun	Corn Dog nuggets	Cheese Pizza
Tossed Salad/Dress	Mashed Potato's	Corn	Potato wedges	Tossed Salad/Dress
Celery Sticks & Dip	Green Beans	Steamed Broccoli	Pinto Beans	Baby Carrots & Dip
Orange	Apple Sauce	Orange	Pineapple	Apples
skim white & Choc.	skim white & Choc.	skim white & Choc.	skim white & Choc.	skim white & Choc.

9-12 daily Gets 2 Half Cups of different Vegetables & Fruits

0	680	600	600	750
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Cheese Pizza	Turkey Corn Dog / W Bun	Early	Turkey Hot Dog /WG Bun	Cheese Pizza
Tossed Salad/Dress	Steamed Broccoli	Release	Pinto Beans	Tossed Salad/Dress
Celery Sticks & Dip	Corn	Early	Green Beans	Baby Carrots & Dip
Orange	Apple Sauce	Release	Pineapple	Apples
skim white & Choc.	skim white & Choc.	Early	skim white & Choc.	skim white & Choc.

Serving size For milk is One cup equal 8 OZ Non Fat milk

750	680	680	680	840
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Cheese Pizza	Turkey Corn Dog / W Bun	Cheeseburger/ w Bun	Chicken Nuggets/Wheat Roll	Cheese Pizza
Tossed Salad/Dress	Steamed Broccoli	Baked beans	Mashed Potato	Tossed Salad/Dress
Celery Sticks & Dip	Corn	Potato wedges	Green Beans	Baby Carrots & Dip
Orange	Apple Sauce	Orange	Pineapple	Apples
skim white & Choc.	skim white & Choc.	skim white & Choc.	skim white & Choc.	skim white & Choc.

750	680	680	680	840
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
Cheese Pizza	Chicken Nuggets/Wheat Roll	Chicken cheese/ w Bu	Corn Dog nuggets	Teacher
Tossed Salad/Dress	Mashed Potato's	Corn	Potato wedges	Work
Celery Sticks & Dip	Green Beans	Steamed Broccoli	Pinto Beans	Day
Orange	Apple Sauce	Orange	Pineapple	
skim white & Choc.	skim white & Choc.	skim white & Choc.	skim white & Choc.	