# City Schools of Decatur K-5 Breakfast and Lunch

**MARCH 2020**

Join us for a special National School Breakfast Week during March 2nd - 6th!

## Produce of the Month:
**Cabbage**

We will be serving red and green cabbage this month! Cabbage is high in fiber and vitamin C. It will be offered daily on our fresh salad bar & also featured on some of our menus!

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### Monday, 9

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>WG Bagel w/ Cream Cheese &amp; Jelly</td>
<td>Cheese Ravioli, Seasoned Green Peas, Garlic Parmesan Carrots, Applesauce, Assorted Fresh Fruit, Choice of Milk</td>
</tr>
</tbody>
</table>

**LEAN & GREEN DAY**

### Tuesday, 10

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berry Patch Smoothie, Tropical Mixed Fruit</td>
<td>Orange Chicken, Fried Rice, Steamed Edamame, Stir-Fry Mixed Veggies (F2S), Mandarin Oranges, Assorted Fresh Fruit, Choice of Milk</td>
</tr>
</tbody>
</table>

**LEAN & GREEN DAY**

### Wednesday, 11

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
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</thead>
<tbody>
<tr>
<td>Oatmeal w/Brown Sugar, Sliced Pears</td>
<td>Chili con Carne, Baked Potato, Steamed Broccoli, Garlic Toast, Sliced Peaches, Assorted Fresh Fruit, Choice of Milk</td>
</tr>
</tbody>
</table>

### Thursday, 12

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft Chicken Tacos, Lettuce, Tomatoes &amp; Salsa, Refried Beans, Seasoned Brown Rice, Pineapple Tidbits, Assorted Fresh Fruit, Choice of Milk</td>
<td>Turkey &amp; Cheese WG Sub, Ranch Potato Wedges, Raw Veggies w/ Dip, Tropical Mixed Fruit, Assorted Fresh Fruit, Choice of Milk</td>
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</tbody>
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**DR. SEUSS'S BIRTHDAY**

<table>
<thead>
<tr>
<th>Cali Fresh</th>
<th>Grandma's Breakfast</th>
<th>Desayuno</th>
<th>Petit Déjeuner</th>
<th>All-Star Weekend</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vanilla or Strawberry Yogurt Parfait w/ Sliced Fresh Fruit &amp; WG Granola</td>
<td>Homemade Banana &amp; Chocolate Chip Muffins Ambrosia</td>
<td>Egg &amp; Sausage Breakfast, Taquitos, Tropical Mixed Fruit</td>
<td>Homemade French Toast w/ Warm Syrup &amp; Fresh Strawberries</td>
<td>Chicken Fillet on a WG Bun, Sweet Potato Fries, Green Lima Beans, Sliced Pears</td>
</tr>
<tr>
<td>Lorax Lunch Grinch Green Eggs Who-ville Waffles Yertle the Turtle Tots Sam I Am Spinach Max’s Mixed Fruit Assorted Fresh Fruit Choice of Milk</td>
<td>Hamburger or Cheeseburger Crispy Oven Fries Buffalo Cauliflower Applesauce Assorted Fresh Fruit Choice of Milk</td>
<td>Chicken Alfredo Steamed Broccoli Tossed Salad w/ Veggies &amp; Shredded Cabbage (F2S) Sliced Peaches Assorted Fresh Fruit Choice of Milk</td>
<td>Meat and/or Cheese Nachos Lettuce, Tomato, &amp; Salsa Sour Cream &amp; Guacamole Seasoned Black Beans Pineapple Tidbits Assorted Fresh Fruit Choice of Milk</td>
<td>Crispy Bacon GA Grits &amp; Scrambled Eggs Sliced Peaches</td>
</tr>
</tbody>
</table>

**LEARN & GREEN DAY**

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**Join us for a special National School Breakfast Week during March 2nd - 6th!**

This institution is an equal opportunity provider. Menus subject to change.
### Weekly Lunch Menu

**Breakfast:**
- **Monday, 16**: WG Waffles w/ Syrup Sliced Peaches
- **Tuesday, 17**: Egg & Cheese Biscuit Pineapple Tidbits
- **Wednesday, 18**: Grape Ape Smoothie Sliced Pears
- **Thursday, 19**: Croissant w/ Egg & Canadian Bacon Applesauce
- **Friday, 20**: Sausage Biscuit Tropical Mixed Fruit

**Lunch:**
- **Monday, 16**: Fish Fillet on WG Bun Crispy Oven Fries Cabbage Cole Slaw Tall Fries
- **Tuesday, 17**: Irish Nachos w/ Salsa, Sour Cream, & Guacamole
- **Wednesday, 18**: Hot Dog Crispy Tater Tots Vegetarian Baked Beans Sliced Peaches Assorted Fresh Fruit Choice of Milk
- **Thursday, 19**: Baked Chicken Seasoned Brown Rice Black-Eyed Peas Collard Greens Sliced Peaches Assorted Fresh Fruit Choice of Milk
- **Friday, 20**: Fish Fillet on WG Bun Crispy Oven Fries Cabbage Cole Slaw Tall Fries

**Weekly Lunch Salad & Soup**
- **3/2-3/6**: Turkey Chef, Broccoli Cheese
- **3/9-3/13**: Buffalo Chicken, Corn Chowder
- **3/16-3/20**: Chicken Salad, Baked Potato
- **3/23-3/27**: Fiesta Chicken, Veggie Tortilla Soup
- **3/30-3/31**: Turkey Chef, No Soup Available

### Daily Choices Always Available

**Breakfast:**
- Assorted Cereal, Toast, Assorted Fresh Fruit and Choice of Milk: 1% or Skim

**Lunch:**
- PBJ Uncrustables (WG)
- Veggie Salad (Vegetarian)
- Bean Burrito (Vegetarian)
- Beans & Rice Bowl (Gluten Free)
- Choice of Milk: 1%, Skim, or Fat-Free Tru Moo Chocolate

**Meal Prices**
- Breakfast: Reduced $0.30, Full $1.25
- Lunch: Reduced $0.40, Full $2.75

### Allergen Notice
We do not use tree nuts in any of our menus, however there may be some items processed in a manufacturers facility that handles tree nuts or peanuts.

### March is National Nutrition Month!

During the month of March, we invite everyone to focus on making informed food choices and developing good eating & physical activity habits.

Visit our facebook page to learn more! [https://www.facebook.com/CSDschoolnutrition/](https://www.facebook.com/CSDschoolnutrition/)