



EL SOL ACADEMY LUNCH MENU

March | 2020

Every child deserves a healthy start.™

Sapphire at School lunch menus are carefully selected to provide healthy variety, balance, and flavor. Our “homemade sauces”, and dressings have no added preservatives, additives or high fructose syrup. We proudly utilize locally produced, artisanal whole wheat breads. All breakfast and lunch served with 1% or FF Milk. All snacks are served with full strength juice.

March 2 – 6

- MONDAY**
2, 2020
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk
LUNCH: **Penne with Meat Sauce** Side of Parmesan
LUNCH SIDE: **Mixed Vegetable Crudités, Peach Cup, Milk**
SNACK: **Rice Krispies**
- TUESDAY**
3, 2020
BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk
LUNCH: **All Beef Hot Dog** Whole Wheat Bun
LUNCH SIDE: **Broccoli, Cucumber, Orange or Watermelon, Milk**
SNACK: **Cheez Its**
- WEDNESDAY**
4, 2020
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Tater Tot, Whole Wheat Tortilla
- Honeydew Fruit Cup, Milk
LUNCH: **Korean Beef Bowl** Cabbage, Spinach, Carrot, Celery, Pea,
Ginger Steamed Rice
LUNCH SIDE: **Apple or Mixed Fruit, Milk**
SNACK: **Doritos**
- THURSDAY**
5, 2020
BREAKFAST: **Bagel Ful®** Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk
LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll
LUNCH SIDE: **Mixed Vegetable Crudités – Watermelon or Banana, Milk**
SNACK: **Whole Wheat Goldfish Crackers**
- FRIDAY**
6, 2020
BREAKFAST: **Mini Pancakes, Syrup** - Watermelon Fruit Cup, Milk
LUNCH: **Real “Mac” n Cheese** Cauliflower
LUNCH SIDE: **Carrots, Apple or Orange, Milk**
SNACK: **Cereal Bar**



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March 9 – 13

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| MONDAY 9, 2020 | BREAKFAST: Cereal Cup - Seasonal Fruit Cup, Milk LUNCH: BBQ Pulled Pork Sandwich Whole Wheat Bun LUNCH SIDE: Carrots, Tropical Fruit Cup, Milk SNACK: Granola Bar |
| TUESDAY 10, 2020 | BREAKFAST: Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk LUNCH: Cheeseburger Whole Wheat Bun LUNCH SIDE: Mixed Vegetable Crudités, Orange or Watermelon, Milk SNACK: Strawberry PopTart |
| WEDNESDAY 11, 2020 | BREAKFAST: Breakfast Burrito Egg, Bacon, Cheese, Tater Tot, Whole Wheat Tortilla - Honeydew Fruit Cup, Milk LUNCH: French Bread Pizza , Nitrate Free Pepperoni, Cheese, Pizza Sauce LUNCH SIDE: Broccoli, Cucumbers, Apple or Mixed Fruit, Milk SNACK: Cheez Its |
| THURSDAY 12, 2020 | BREAKFAST: Bagel Cream Cheese, Pineapple Fruit Cup, Milk LUNCH: Chicken Teriyaki Carrot, Pea, Cabbage, Bean Sprout, Edamame, Broccoli, Garlic Rice LUNCH SIDE: Watermelon or Banana, Milk SNACK: Doritos |
| FRIDAY 13, 2020 | BREAKFAST: Mini Waffles, Syrup - Watermelon Fruit Cup, Milk LUNCH Cheese Enchilada Pie Corn, “Refried” Bean LUNCH SIDE: Apple or Orange, Milk SNACK: Cereal Bar |

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March 16 – 20

MONDAY No School
16, 2020

TUESDAY BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk
17, 2020 LUNCH: **Beef Fajita Bowl** Bell Pepper, Tomato, Corn, Mexican Rice,
“Refried” Bean
LUNCH SIDE: **Orange or Watermelon, Milk**
SNACK: **Cereal Bar**

WEDNESDAY BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Tater Tot, Whole Wheat Tortilla
18. 2020 - Honeydew Fruit Cup, Milk
LUNCH: **All White Meat Chicken Tenders** Whole Wheat Roll
LUNCH SIDE: **Mixed Vegetable Cruautés, Ranch, Apple or Mixed Fruit, Milk**
SNACK: **Strawberry PopTart**

THURSDAY BREAKFAST: **Bagel Ful®** Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk
19, 2020 LUNCH: **All Beef Hot Dog** Whole Wheat Bun
MIDDLE SCHOOL: **Build Your Own Hot Dog** Assorted Toppings, Condiments
LUNCH SIDE: **Broccoli and Carrots – Watermelon or Banana, Milk**
SNACK: **Doritos**

FRIDAY BREAKFAST: **French Toast Sticks, Syrup** - Watermelon Fruit Cup, Milk
20, 2020 LUNCH: **Real “Mac” n Cheese** Cauliflower
LUNCH SIDE: **Carrot, Cucumbers, Apple or Orange, Milk**
SNACK: **Rice Krispies**

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March 23 – 31

- MONDAY**
23, 2020
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk
LUNCH: **Spaghetti & Meat Balls** Marinara, Side of Parmesan
LUNCH SIDE: **Peach Cup, Milk**
SNACK: **Whole Wheat Goldfish Crackers**
- TUESDAY**
24, 2020
BREAKFAST: **Marble Breakfast Bread**, Cantaloupe Fruit Cup, Milk
LUNCH: **Grilled Chicken Penne Alfredo** Pea, Carrot, Tomato, Broccoli,
Creamy Garlic Sauce, Side of Parmesan
LUNCH SIDE: **Watermelon or Orange, Milk**
SNACK: **Cereal Bar**
- WEDNESDAY**
25, 2020
BREAKFAST: **Breakfast Burrito** Egg, Bacon, Cheese, Tater Tot, Whole Wheat Tortilla
– Honeydew Fruit Cup, Milk
LUNCH: **Rolled Chicken Quesadilla** Cheese, Onion, Bell Pepper,
Whole Wheat Tortilla
LUNCH SIDE: **Mixed Fruit or Apple, Milk**
SNACK: **Doritos**
- THURSDAY**
26, 2020
BREAKFAST: **Bagel** Cream Cheese – Pineapple Fruit Cup, Milk
LUNCH: **Chicken Chop Suey** Cauliflower, Carrot, Celery, Edamame,
Sugar Snap Pea, Fried Rice
LUNCH SIDE: **Watermelon or Banana, Milk**
SNACK: **Strawberry PopTart**
- FRIDAY**
27, 2020
BREAKFAST: **Mini Pancakes, Syrup** - Watermelon Fruit Cup, Milk
LUNCH: **Cheese Enchilada Pie** Corn, “Refried” Bean
LUNCH SIDE: **Apple or Orange, Milk**
SNACK: **Cheez Its**
- MONDAY**
30, 2020
BREAKFAST: **Cereal Cup** - Seasonal Fruit Cup, Milk
LUNCH: **Cheeseburger** Whole Wheat Bun
LUNCH SIDE: **Mixed Vegetable Crudités, Tropical Fruit Cup, Milk**
SNACK: **Rice Krispies**
- TUESDAY**
31, 2020
BREAKFAST: **Marble Breakfast Bread** - Cantaloupe Fruit Cup, Milk
LUNCH: **All Beef Hot Dog** Whole Wheat Bun
LUNCH SIDE: **Broccoli, Cucumber, Orange or Watermelon, Milk**
SNACK: **Doritos**