

MARCH 11TH

MEAL PACK SAMPLE MENU

Milk is recommended daily with each meal

FRIDAY 3/12

Breakfast:

Muffin

Applesauce

Lunch:

Chicken Burrito Bowl w/ Rice
Black Beans + Corn + Apple

MONDAY 3/15

Breakfast:

1/2 Bagel + Sausage Link

Applesauce

Lunch:

Cheese Pizza
Carrots + Orange

TUESDAY 3/16

Breakfast:

1/2 Bagel + Sausage Link

1/2 Orange + Juice

Lunch:

Chef's Choice Entree
Cucumber slices + Apple

WEDNESDAY 3/17

Breakfast:

Waffle Bites w/ Syrup

1/2 Orange + Juice

Lunch:

Hamburger
Cucumber slices + Fruit Cup

THURSDAY 3/18

Breakfast:

Cereal Bowl

Apple + Dried Fruit

Lunch:

Cheesy Bites w/ Marinara
Broccoli + Cucumber + Orange

FRIDAY 3/19

Breakfast:

Muffin

Orange + Apple

Lunch:

PB&J Uncrustable
Carrots + Cucumber + Fruit Cup

MONDAY 3/22

Breakfast:

Cereal Bowl

Apple + Dried Fruit

Lunch:

Cheese Pizza
Carrots + Orange

Thank
you!

Murrieta
School
Nutrition