



ELRA BREAKFAST MARCH 2020



MONDAY 2-MAR	TUESDAY 3-MAR	WEDNESDAY 4-MAR	THURSDAY 5-MAR	FRIDAY 6-MAR
ASSORTED MUFFINS AND FRUIT	EGG, BACON AND CHEESE CROISSANT	Cheerios Cereal AND YOGURT	OAT-MEAL	CHEESE OMELET WITH ENGLISH MUFFIN
Peaches	Cantalupe	Oranges	Apple	Bananas
Whole Milk	Whole Milk CROISSANT W/JELLY	Whole Milk	Whole Milk	Whole Milk
9-MAR	10-MAR	11-MAR	12-MAR	13-MAR
HAM AND CHEESE BAGEL	CREAM OF WHEAT	FRENCH TOAST W/ SYRUP	EGG & SAUSAGE BURRITO	Rice Krispies Cereal AND YOGURT
Nectarine	Apple	Peaches	Bananas	Cantalupe
Whole Milk HAM & BAGEL	Whole Milk	Whole Milk	Whole Milk SAUSAGE BURRITO	Whole Milk
16-MAR	17-MAR	18-MAR	19-MAR	20-MAR
*Croissant w/cheese	OAT-MEAL	CHEESE OMELET WITH ENGLISH MUFFIN	ASSORTED MUFFINS AND FRUIT	SCHOOL CLOSE
Nectarine	Peaches	Apple	Cantalupe	
Whole Milk Croissant w/ Jelly	Whole Milk	Whole Milk Egg & Cheese Croissant	Whole Milk	
23-MAR	24-MAR	25-MAR	26-MAR	27-MAR
SCRAMBLED EGGS BUTTERMILK BISCUIT	FRENCH TOAST W/ SYRUP	Cheerios Cereal AND YOGURT	CREAM OF WHEAT	Egg & Cheese Croissant
Bananas	Nectarine	Peaches	Apple	Cantalupe
Whole Milk Croissant w/ Jelly	Whole Milk	Whole Milk	Whole Milk	Whole Milk CROISSANT W/JELLY
30-MAR	31-MAR			
WAFFLE STICKS WITH SYRUP	EGG, BACON AND CHEESE CROISSANT			
Peaches	Apple			
Whole Milk	Whole Milk CROISSANT W/JELLY			

What is a Meal?
 You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include:
 Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include:
 Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

- DAILY ENTRÉE OPTIONS MAY INCLUDE:**
- Cheese Burger on a Bun**
 - Whole Grain Chicken Patty on a Bun**
 - Chicken Salad**
 - Chopped Garden Salad**
 - Crispy Chicken Wrap**
 - Spicy Chicken Wrap**

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WELCOME