

d	Breakfast	MONDAY	Lunch	Breakfast	TUESDAY	Lunch	Breakfast	WEDNESDAY	Lunch	Breakfast	THURSDAY	Lunch	Breakfast	FRIDAY	Lunch
							1	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Amazing Lo Mein: Spaghetti 2oz Garbanzo Bean 2oz Pepper/Onion 1/4c Butternut Squash 1/2 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	2	WG Pancakes 2oz/3pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5oz Cheese .5 oz WG Wrap 1.5 oz Shred Lettuce 1/2 cup Tomato 1/4 Cup Rice & Bean 1/2C Fruit 1/2 Cup Milk 1 Cup	3	WG Waffles 1.25ox/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Fish sticks 2oz/4 pcs Green Peas 1/2 Cup Sweet Potato Fries 1/2 Cup Fruit 1/2 cup Milk 1 cup
6	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Hamburger Patty 2 oz WG Bun 2 oz Sweet Potato Fries 3/4 C Baked Beans 1/2 Cup Fruit 1/2 Cup Milk 1 Cup	7	French Toast 2oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Macaroni & Cheese 3/4 Cup Broccoli 3/4 Cup WG Biscuit 2oz Fruit 1/2 Cup Milk 8 oz	8	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Salisbury Steak: Burger Patty 2oz Mashed Potato1/2c Brown Gravy 2oz Butternut Squash 1/2 cup WG Biscuit 2oz Fruit 1/2 cup Milk 1 cup	9	WG Pancakes 2oz/3pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Baked Ziti w/Meat Sauce 3/4 Cup Green Beans 3/4 Cup WG Garlic Cheese Stix 1oz Fruit 1/2 cup Milk 1 cup	10	WG Waffles 1.25ox/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Euphoria Banh Mi Sandwich: Fajita Chicken Strips w/Cucumber 2oz WG Bun 2oz Carrots 3/4 cup Fruit 1/2 cup Milk 1 cup	
13	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Nugget 2oz Sweet Potato Waffle Fry 1/2C Green Peas 1/2c Fruit 1/2 cup Milk 1 cup	14	French Toast Sticks 2oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Amazing Lo Mein: Spaghetti 2oz Garbanzo Bean 2oz Pepper/Onion 1/4c Carrots 1/2 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	15	Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken 2 oz BBQ Sauce Shred Cheddar cheese 2oz WG Bun 2oz Tater Tots 1/2 C Carrots 3/4 Cup Fruit 1 cup Milk 1 cup	16	WG Pancakes 2oz/3 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Pizza 2 oz Broccoli 1/2 C Green Salad 1/2 Cup Diced Tomato 1/4 cup Fruit 1 cup Milk 1 cup	17	WG Waffles 1.25ox/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Fish sticks Cod 2oz/4 pcs Green Beans 1/2C Sweet Potato Fries 1/2 Cup WG Bun 2oz Fruit 1/2 cup Milk 1 cup	
20	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Hamburger Patty 2 oz WG Bun 2 oz Sweet Potato Fries 3/4 Cup Baked Beans 1/2 Cup Fruit 1/2 Cup Milk 1 Cup	21	French Toast 2oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Macaroni & Cheese 3/4 Cup Broccoli 3/4 Cup WG Biscuit 2oz Fruit 1/2 Cup Milk 8 oz	22	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Salisbury Steak: Burger Patty 2oz Mashed Potato1/2c Brown Gravy 2oz Butternut Squash 1/2 Cup WG Biscuit 2oz Fruit 1/2 cup Milk 1 cup	23	WG Pancakes 2oz/3 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5oz Cheese 1 oz WG Wrap 1.5 oz Shred Lettuce 1/2 cup Tomato 1/4 Cup Rice & Bean 1/2C Fruit 1/2 Cup Milk 1 Cup	24	WG Waffles 1.25ox/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Euphoria Banh Mi Sandwich: Fajita Chicken Strips w/Cucumber 2oz WG Bun 2oz Carrots 3/4 cup Fruit 1/2 cup Milk 1 cup	
27	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Nugget 2oz Sweet Potato Waffle Fry 1/2C Green Peas 1/2c WG Biscuit Fruit 1/2 cup Milk 1 cup	28	French Toast Sticks 2oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Baked Ziti w/Meat Sauce 3/4 Cup Green Beans 3/4 Cup WG Garlic Cheese Stix 1oz Fruit 1/2 cup Milk 1 cup	29	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken 2 oz BBQ Sauce Shred Cheddar cheese 2oz WG Bun 2oz Tater Tots 1/2 C Carrots 3/4 Cup Fruit 1 cup Milk 1 cup	30	WG Pancakes 2oz/3 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Pizza 2 oz Broccoli 1/2 C Green Salad 1/2 Cup Diced Tomato 1/4 cup Fruit 1 cup Milk 1 cup	31	WG Waffles 1.25ox/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Fish sticks 2oz/4 pcs Green Peas 1/2 Cup Sweet Potato Fries 1/2 Cup Fruit 1/2 cup Milk 1 cup	

Pillar Elementary

Return Order by March 2023

	REDUCED		PAID	
Date	Breakfast	Lunch	Breakfast	Lunch
	\$0.30	\$0.40	\$1.80	\$2.95
1				
2				
3				
6				
7				
8				
9				
10				
13				
14				
15				
16				
17				
20				
21				
22				
23				
24				
27				
28				
29				
30				

31

Reduced Price 30 and 40cents w/application on file only otherwise full price. Thank you

Total Breakfasts____@ \$0.30 ordered = \$_____

Total Lunches____@ \$0.40 ordered = \$_____

Total Breakfasts____@\$1.80 ordered = \$_____

Total Lunch____@\$2.95 ordered =\$_____

Student Name_____

Parent/Guardian Name_____

Teacher Name_____

Meals Served in School

Please check off the days your child needs a meal and return to school with payment if your child is in the reduced or paid category.

Breakfast/Lunch Menu –March 2023

MILK IS PROVIDED WITH EACH LUNCH. Please note: If an alternative meal is required due to a food allergy, indicate on your order form and we will provide a substitute meal that day.

PLEASE CHECK OFF THE DAYS YOUR CHILD NEEDS A MEAL AND RETURN TO SCHOOL.