



NCAPA BREAKFAST



Fresh Fruit and Juice Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

2- Egg & Potato Breakfast
Burrito w/ salsa
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Apple Juice, Mandarin Oranges

3- Blueberry Muffin (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Orange Juice, Diced Pears

4- Cinnamon French Toast w/
syrup (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

5- Oatmeal (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Apple Juice, Sliced Peaches

6- Sausage Croissant Sandwich
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana



9- Apple Frudel (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Apple Juice, Diced Pears

10- Egg & Sausage Taco
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Orange Juice, Apple Sauce

11- Banana Loaf (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

12- Pancakes & Sausage w/
syrup cup
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Apple Juice, Sliced Peaches

13- No School

16- Spring Break

17- Spring Break

18- Spring Break

19- Spring Break

20- Spring Break

23- Egg, Sausage, & Cheese
Biscuit Sandwich
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Apple Juice, Sliced Peaches

24- Mini Blueberry Pancakes w/
syrup (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Grape Juice, Pineapple Tidbits

25- Waffles w/ syrup (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana

26- Pineapple & Vanilla Yogurt
Parfait (V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Apple Juice, Diced Pears

27- Breakfast on Stick w/ syrup
(V)
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Orange Juice, Pineapple Tidbits

30- Colby Cheese Omelet w/
salsa
Assort. Low Sugar Cereal WG (V)
WG Toast and Margarine/Jelly
Hash Brown Potato Patty
Apple Juice, Fresh Orange

31- Ham, Egg, & Cheese
Quesadilla w/ salsa
Assorted Low Sugar Cereal WG
(V)
WG Toast and Margarine/Jelly
Orange Juice, Fresh Banana

Milk

Reduced Fat Milk Variety
Offered Daily

Food and Nutrition Services Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services: Mike Butler, 314-381-4155

SFE Associate Director of Nutrition Operations: Megan Fraley, 314-381-4155

NCAPA Menu Meal Prices

Second Lunch Meal \$1.10	Second Breakfast Meal \$1.10	
Staff/Adult Lunch \$2.50	Staff/Adult Breakfast..... \$2.25	Milk \$0.40

Menu is subject to change
SLPS is a pork-free district
All recipes made with whole
grains
Vegetarian items (V)

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March 2015



NCAPA LUNCH



Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

2- Rice & Beans (V)
Spicy Chicken Rings w/ roll
Chicken Quesadilla w/ salsa
Mexicorn

3- Rice & Beans (V)
Cheese Pizza (V)
Turkey & Cheese Sandwich
Hawaiian Pizza
Fresh Steamed Broccoli

4- Rice & Beans (V)
Turkey Hot Dog
Supreme Nachos
5-Way Mixed Vegetables

5- Rice & Beans (V)
Pepperoni Pizza
Grilled Turkey Ham & Ch.
Sandwich
Spicy Chicken Sandwich
Cooked Crinkle Cut Carrots

6- Rice & Beans (V)
Sweet & Sour Chicken w/ rice
Pasta Primavera w/ Chicken
Green Beans

9- Rice & Beans (V)
Ham Sub
Fish Patty Sandwich
Tater Gem

10- Rice & Beans (V)
Cheese Pizza
Turkey Melt Sandwich
Pepperoni & Jalapeno Pizza
Fresh Steamed Broccoli

11- Rice & Beans (V)
Spicy Chicken Sandwich
Macaroni & Cheese (V)
Corn Kernels

12- Rice & Beans (V)
Garlic Chile Chicken w/ Rice
Pepperoni Pizza
Cheese Pizza (V)
Green Peas

13- No School

16- Spring Break

17- Spring Break

18- Spring Break

19- Spring Break

20- Spring Break

23- Rice & Beans (V)
Turkey Burger
Bean & Cheese Burrito
Tater Gem

24- Rice & Beans (V)
Pepperoni Pizza
Turkey Melt Sandwich
Cheese Pizza
Cooked Crinkle Cut Carrots

25- Rice & Beans (V)
Breaded Baked Chicken
Grilled Cheese Sandwich (V)
5-Way Mixed Vegetables

26- Rice & Beans (V)
Cheese Pizza (V)
Turkey Ham Sub
Hawaiian Pizza
Green Peas

27- Rice & Beans (V)
Chicken Alfredo
Chicken Nuggets
Crinkle Cut Sweet Potato Fries

30- Rice & Beans (V)
Spicy Chicken Rings w/ roll
Chicken Quesadilla
Mexicorn

31- Rice & Beans (V)
Cheese Pizza (V)
Turkey & Cheese Sandwich
Fresh Steamed Broccoli

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Vegetarian items (V)

Milk

Reduced Fat Milk Variety Offered Daily



March 2015

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