

MARCH 2023

FAMILY OF FAITH - COPPERFELD

Lunches Provided By
Roadrunner Foods
 (p) 281-565-7902
www.RoadrunnerFoodService.com

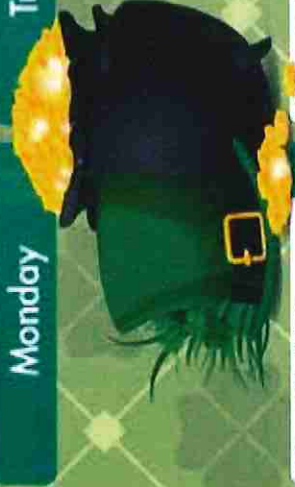
Monday

Tuesday

Wednesday

Thursday

Friday



6
 B: Oatmeal & Apple Sauce
 AM Snack: Nutri-Grain Bars
Chicken & Spinach Rigatoni Pasta w/ Marinara Sauce
 Peas & Carrots Blend
 Seasonal Fresh Fruit
 V: Spinach Rigatoni w/ Marinara Sauce
 PM Snack: Goldfish & Danimals

7
 B: Sausage Links & Fresh Fruit
 AM Snack: Veggie Straws & Cheese Sticks
Breakfast For Lunch!
 French Toast Sticks w/ Syrup
 Turkey Sausage Patty
 Seasonal Fresh Fruit
 V: Veggie Sausage Patty
 PM Snack: Nilla Wafers & Fresh Fruit

8
 B: French Toast Sticks
 AM Snack: Cheese-zits & Fresh Fruit
Baked Chicken w/ Mashed Potatoes
 Sweet Peas
 Seasonal Fresh Fruit
 V: Veggie "Chicken" Strips
 PM Snack: Chex Mix & Fruit Snacks

9
 B: Sausage Biscuits w/ Jelly
 AM Snack: Graham Crackers & Gogurt
Ground Beef Soft Tacos w/ Monterey Jack Cheese
 Spanish Rice w/ Mixed Veggies
 Seasonal Fresh Fruit
 V: Bean & Cheese Roll Up
 PM Snack: Shortbread Cookies & Apple Sauce

10
 B: Cereal w/ Milk
 AM Snack: Cheerios & Fresh Fruit
Oven Baked Cheese Pizza
 Green Beans
 Cinnamon Baked Apples
 PM Snack: Special K Crisps

13
 B: Pancake on a Stick
 AM Snack: Nutri-Grain Bars
Oven Baked Fish Sticks
 Green Beans
 Cinnamon Baked Peaches
 V: Veggie Nuggets
 PM Snack: Goldfish & Danimals

14
 B: Nutri-Grain Bars
 AM Snack: Veggie Straws & Cheese Sticks
Arroz Con Pollo
 (Yellow Rice w/ Chicken & Veggies)
 Oven Roasted Baby Carrots
 Seasonal Fresh Fruit
 V: Yellow Rice w/ Veggie "Chicken"
 PM Snack: Nilla Wafers & Fresh Fruit

15
 B: Waffles & Fresh Fruit
 AM Snack: Cheese-zits & Fresh Fruit
Ground Beef Soft Tacos w/ Monterey Jack Cheese
 Mixed Vegetables
 Seasonal Fresh Fruit
 V: Bean & Cheese Roll Up
 PM Snack: Chex Mix & Fruit Snacks

16
 B: Popart & Peaches
 AM Snack: Graham Crackers & Gogurt
Oven Baked Chicken Tenders
 Sweet Peas
 Seasonal Fresh Fruit
 V: Veggie Nuggets
 PM Snack: Shortbread Cookies & Apple Sauce

17
 B: St. Patrick Oatmeal & Apple Sauce
 AM Snack: Cheerios & Fresh Fruit
Oven Baked Cheese Pizza
 Green Beans
 Cinnamon Baked Apples
 PM Snack: Special K Crisps

20
 B: Cereal w/ Milk
 AM Snack: Nutri-Grain Bars
Penne Pasta w/ Beef Meat Sauce
 Buttered Corn
 Seasonal Fresh Fruit
 V: Penne Pasta w/ Marinara Sauce
 PM Snack: Goldfish & Danimals

21
 B: Muffins & Danimals
 AM Snack: Veggie Straws & Cheese Sticks
Breakfast For Lunch!
 Mini Buttermilk Pancakes w/ Syrup
 Turkey Sausage Patty
 Seasonal Fresh Fruit
 V: Veggie "Sausage" Patty
 PM Snack: Nilla Wafers & Fresh Fruit

22
 B: French Toast Sticks
 AM Snack: Cheese-zits & Fresh Fruit
Crispy Chicken Sandwich
 Green Beans
 Seasonal Fresh Fruit
 V: Veggie "Chicken" Sandwich
 PM Snack: Chex Mix & Fruit Snacks

23
 B: Nutri-Grain Bars
 AM Snack: Graham Crackers & Gogurt
Chicken Teriyaki Fried Rice w/ Mixed Veggies
 Oven Roasted Baby Carrots
 Seasonal Fresh Fruit
 V: Teriyaki Fried Rice w/ Veggie "Chicken"
 PM Snack: Shortbread Cookies & Apple Sauce

24
 B: Pancake on a Stick
 AM Snack: Cheerios & Fresh Fruit
Oven Baked Cheese Pizza
 Green Beans
 Cinnamon Baked Apples
 PM Snack: Special K Crisps

27
 B: Popart & Peaches
 AM Snack: Nutri-Grain Bars
Oven Baked Chicken Tenders
 Green Beans
 Seasonal Fresh Fruit
 V: Veggie Nuggets
 PM Snack: Goldfish & Danimals

28
 B: Sausage Links & Fresh Fruit
 AM Snack: Veggie Straws & Cheese Sticks
Chicken Fajita Soft Tacos w/ Cheese & Tricolor Bell Peppers
 Refried Beans
 Seasonal Fresh Fruit
 V: Bean & Cheese Roll
 PM Snack: Nilla Wafers & Fresh Fruit

29
 B: Nutri-Grain Bars
 AM Snack: Cheese-zits & Fresh Fruit
Beef Burger w/ Cheddar Cheese
 Buttered Corn
 Seasonal Fresh Fruit
 V: Veggie Burger
 PM Snack: Chex Mix & Fruit Snacks

30
 B: Sausage Biscuits w/ Jelly
 AM Snack: Graham Crackers & Gogurt
Bow Tie Pasta in a Lemon Butter Sauce
 w/ Grilled Chicken
 Crinkle Cut Carrots
 Seasonal Fresh Fruit
 V: Bow Tie Pasta w/ Veggie "Chicken"
 PM Snack: Shortbread Cookies & Apple Sauce

31
 B: Muffins & Danimals
 AM Snack: Cheerios & Fresh Fruit
Oven Baked Cheese Pizza
 Green Beans
 Cinnamon Baked Apples
 PM Snack: Special K Crisps

All menu items are subject to change without notice due to availability, freshness, and quality of ingredients