



**LEAP Academy Charter School**  
**H-S- STEM-UPPER-LOWER-BREAKFAST -MARCH-2017**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-MAR YOGURT PARFAIT WITH A WG MUFFIN	2-MAR	3-MAR WARMED WG BISCUIT OR ASSORTED CEREAL
		OR ASSORTED CEREAL	OR ASSORTED CEREAL	
		ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
6-FEB	7-MAR	8-MAR	9-MAR	10-MAR
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL	WHOLE GRAIN BAGEL WITH CREAM CHEESE OR ASSORTED CEREAL	EGG AND CHEESE ON A WG CROISSANT OR ASSORTED CEREAL	TURKEY SAUSAGE AND PANCAKE ON A STICK OR ASSORTED CEREAL	YOGURT PARFAIT WITH A WG MUFFIN OR ASSORTED CEREAL
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
13-FEB	14-MAR	15-MAR	16-MAR	17-MAR
CREAM OF WHEAT WITH WG TOAST OR ASSORTED CEREAL	HAM AND CHEESE ON A WHOLE GRAIN CROISSANT OR ASSORTED CEREAL	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL	OATMEAL WITH ASSORTED YOGURT OR ASSORTED CEREAL	EGG AND CHEESE OMELETTE OR ASSORTED CEREAL
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
20-FEB	21-MAR	22-MAR	23-MAR	24-MAR
PANCAKE W/ SYRUP OR ASSORTED CEREAL	WARMED WG BISCUIT OR ASSORTED CEREAL	EGG AND CHEESE OMELETTE OR ASSORTED CEREAL		PANCAKE W/ SYRUP OR ASSORTED CEREAL
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK		ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK
27-MAR	28-MAR	29-MAR	30-MAR	
SCRAMBLE EGGS W/TOAST OR ASSORTED CEREAL	WG FRENCH TOAST STICKS WITH SYRUP OR ASSORTED CEREAL	WHOLE WHEAT BAGEL WITH CREAM CHEESE OR ASSORTED CEREAL	HAM AND CHEESE ON A WHOLE GRAIN OR ASSORTED CEREAL	
ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	ASSORTED 100% JUICE CHOICE OF FRUIT CHOICE OF MILK	

**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**

**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  
 Ham & Cheese Wrap

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