



MARCH 2020

ASPARAGUS

Monday	Tuesday	Wednesday	Thursday	Friday
Bagels & 2 Cream Cheese Dr. Seuss Birthday Green Eggs & Ham Sandwich	Apple Cinnamon Bread Beef & Potato Tacos	Yogurt & Granola Tuna Sandwiches	Chewy Granola Bar Bean & Cheese Tostadas	Cereal & String Cheese Cheese Quesadillas
Oatmeal Meatless Monday Cheesy Mac	Seasonal Bread Turkey & Chorizo Stew w/ Brown Rice	Breakfast Sandwicheš 1 Worldy Wednesday Cuban White Bean Soup w/ French Bread	12 Crunchy Granola Turkey Melts	Cereal & String Cheese Bean & Cheese Enchiladas
Yogurt & Granola ¹⁶ Meatless Monday Spaghetti & Breadsticks	Irish Shamrock Bread Saint Patrick's Day Corn Beef Sandwiches	Graham Crackers & Sunbutters Build Your Own Burrito	Hard-Boiled Egg ¹⁹ & Toast Picnic Day Hot Dog Sack Lunch	Cereal & String Cheese Veggie Burgers
Bagel & 23 Cream Cheese Meatless Monday Red Beans & Rice	Oatmeal Chicken Lo Mein	Sunrise Sandwich Tacos de Carnitas	Cranberry Orange Scones Cheesy Nachos	Cereal & String Cheese Cheese Pizza
30 SPRING BREAK No School	SPRING BREAK No School	SPRING BREAK No School	SPRING BREAK No School	SPRING BREAK No School

MEALS ARE FREE TO ALL STUDENTS!

Notice: All breakfasts are served with fresh fruit and choice of milk. Menu is subject to change. **Notice:** All lunches are served with unlimited salad bar and 1% fat or fat free milk. *Contains pork This institution is an equal opportunity provider.



MARCH SUPPER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Meatless Monday Cheese Quesadillas	3 English Muffin Pizzas	Sloppy Jane	Grilled Cheese Sandwich	Mexican Pizzas
9 Meatless Monday Bagel Pizza	Tuna Pasta Salad	11 Chicken Salad Tostadas	Turkey Melts	Veggie Burgers
16 Meatless Monday French Bread Pizza	Turkey Pesto Sandwich	18 American Goulash	Turkey Burgers	Cheese Quesadillas
Meatless Monday Veggie Lo Mein	Enchiladas	25 Frijoles Charros	BBQ Pork Sandwiches	27 Cheese Pizza
30 SPRING BREAK No School	31 SPRING BREAK No School	SPRING BREAK No School	SPRING BREAK No School	SPRING BREAK No School

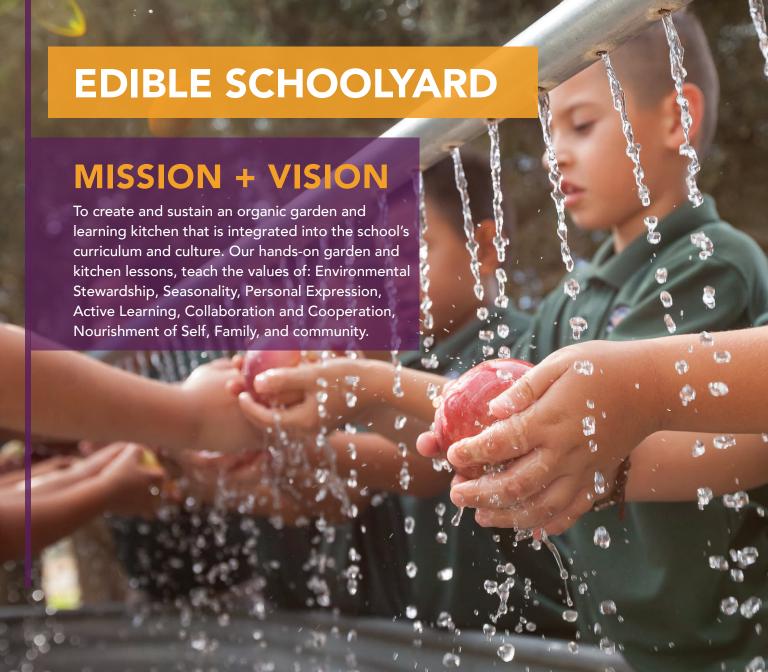
Supper is available to all students participating in the after school program.

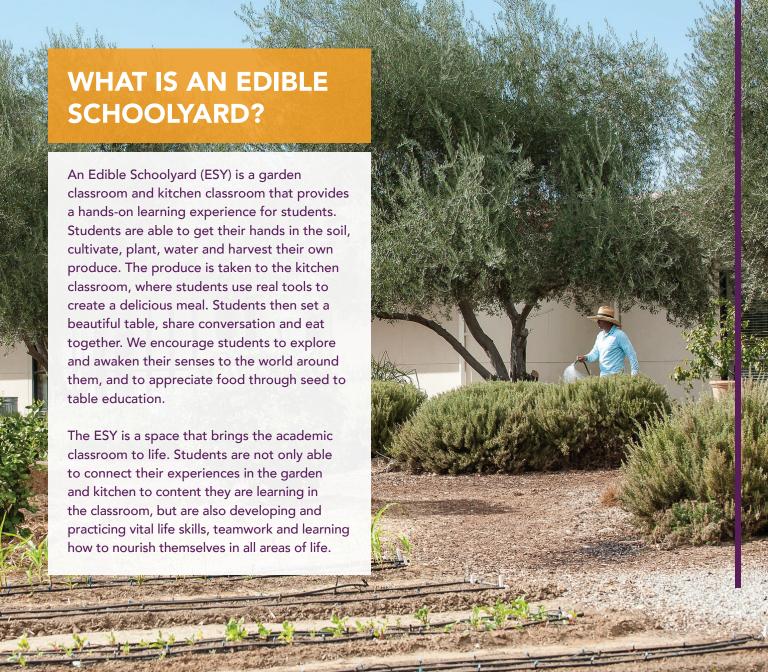
Notice: Supper is served with salad bar, fresh fruit, and 1% fat free milk. Menu is subject to change.











GRIMMWAY CAFÉ COMMITMENT TO HEALTHY EATING

Grimmway Academy is committed to providing healthy eating choices to our student population. All families are strongly encouraged to avoid bringing any outside food that will discourage students from eating the healthy choices that are made available by the school. Families that choose to bring food must choose complete meals that do not exceed state and federal approved laws by which the Grimmway Café observes. Additionally, the Grimmway Café does not serve foods with nitrates, trans fats, chemicals, dyed, refined sugars, refined flours, hydrogenated or partially hydrogenated oils, high fructose corn syrup or additives. To avoid bringing these ingredients into the café, please do not provide your children with packaged foods in their lunches.

The Grimmway Academy Wellness Policy includes a commitment to improve the health of the entire community by teaching students and their family's ways to establish and maintain life long healthy eating habits. In keeping with this goal, the Policy adopted the stipulation that foods offered to students and employees during the day as snacks, incentives, or refreshments in school offices and on school grounds be as healthful and nutritious as possible. Teachers, administrators, and parents who model healthy behavior increase the likelihood of having a positive influence on student behavior. classroom, but are also developing and practicing vital life skills, teamwork and learning how to nourish themselves in all areas of life.

GRIMMWAY CAFÉ COMMITMENT TO HEALTHY EATING

- Please avoid feeding your student's breakfast at home if they are planning on eating Breakfast in the Classroom.
- If your student's lunch doesn't have a fruit or vegetable, we will ask them to go through the salad bar.
- If your student's lunch doesn't have a protein or whole grain, we will ask them to get a hot lunch.
- We are a nut free campus, please do not include items with or processed with nuts in your student's lunch.
- If your student comes to campus with foods that are not in line with our Healthy Eating Policy, it will be removed from their lunch and available to pick up after school.
- As part of our commitment to healthy eating, we do not serve desert at lunch, please refrain from including sweets in your student's lunch.

RECOMMENDED BEVERAGES, SNACKS, AND LUNCH OPTIONS IF PROVIDING FOOD FROM HOME

- Fruit juice smoothies
- Whole and freshly cut fruits
- Whole and freshly cut vegetables
- Trail mixes (without nuts)
- Water and sparkling waters
- Fruit concentrate and honey sweetened yogurt
- Granola bars
- Herbal teas
- Whole grain crackers
- Baked chips, pretzels, salsa, guacamole, or bean dips
- Snack bars (without nuts)
- Air popped popcorn
- Compressed rice and grain cakes
- Pure 100 % fruit juice, fruit strips and snacks
- Natural fruit-flavored waters
- Raisins and dried fruits
- Hard boiled eggs
- Real cheese
- Homemade sandwiches and meals

FOODS TO AVOID BRINGING TO SCHOOL:

- Lunchables
- Sports drinks
- Caffeinated and carbonated beverages (energy drinks and sodas)
- Processed and packaged snacks (including chips, candies, cookies, and cakes)
- Sugared breakfast cereals
- Juices from concentrate
- Foods that contain artificial colors or flavorings
- Anything containing nuts (we are a nut free campus)
- Fast and convenience food

ALIMENTOS SUGERIDOS PARA TRAER A LA ESCUELA:

- Liquado de zumos de frutas
- Las frutas enteras y recién cortadas
- Verduras enteras y recién cortadas
- Trail mix (sin nueces)
- Agua y aguas cristalinas
- Concentrado de frutas y miel azucarada yogur
- Barras de granola
- Los tés de hierbas
- Galletas integrales
- Papas horneadas, pretzels, salsa, guacamole,
- frijoles o salsas
- Los bares de tapas (sin nueces)
- Palomitas de maíz
- Pasteles de arroz y grano comprimido
- Puro jugo de fruta 100%, tiras de fruta y aperitivos
- Aguas naturales de frutas con sabor
- Las pasas y frutos secos
- Huevos duros
- Queso real
- Sándwiches y comidas caseras

ALIMENTOS QUE NO PUEDE LLEVAR A LA ESCUELA:

- Lunchables
- Las bebidas deportivas
- Las bebidas con cafeína y gaseosas (bebidas energéticas y sodas)
- Bocadillos procesados y envasados (incluidas las Sabritas
- fritas, dulces, galletas y pasteles)
- Cereales de desayuno azucarados
- Los jugos de concentrado
- Los alimentos que contienen colorantes ni aromas
- Cualquier cosa que contenga nueces (somos un campus libre de las nueces y Cacahuates)
- Comida rápida y chatarra



Special Menu Days

#MeatlessMonday: Every Monday, we participate in Meatless Mondays serving vegetarian dishes to all students.

Feature Teacher Fridays: Each campus will highlight one teacher who will give the Café staff one of their family recipes to use on that day.

Chef's Choice Days: On these days, your school's chef will choose a delicious surprise meal to serve.

Worldly Wednesdays: These Wednesdays are an opportunity for your students to travel the world and try new foods from different countries all over the world.

Other Special Days: Halloween's Spooky Menu, Thanksgiving Feast, Christmas Feast, Read Across America Day, Pi Day, Picnic Lunch, Last Day of School Sack Lunch, and more!

Nut Free Campus

Grimmway Schools are nut free campuses. Please do not include anything containing nuts in your student's lunch or in snack from home.

Allergies

The Café staff and school nurses work closely to monitor and manage any food allergies and dietary restrictions. Please see your school's nurse for food allergy forms. The Café staff is required to accommodate all food allergies and documented disabilities but are not required to accommodate any food preferences your student may have. All food allergy and disability forms must be filled out and signed by your student's doctor. A food dislike can not be classified as an allergy.

Allergy & Dietary Symbols on the Menu

- * = Contains Pork
- ° = Contains Shrimp
- **★** = Vegetarian containing

