



Serving Only  
Hormone Free Milk  
(V) Notes a Vegetarian Meal

## Breakfast Menu

No Pork  
Products  
Served

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1 <b>Honey Kissed Sausage Pancake Stack</b> Fresh Fruit Choice Of Milk	2 <b>French Toast Sticks</b> Maple Syrup Fresh Fruit Choice Of Milk	3 <b>WG Banana Muffin</b> Assorted Yogurt Fresh Fruit Choice Of Milk
6	7	8	9	10
*** National School Breakfast Week ***				
<b>Cream Cheese Stuffed Bagels</b> Fresh Fruit Choice Of Milk	<b>Turkey Sausage Egg and Cheese Sliders</b> Fresh Fruit Choice Of Milk	<b>Turkey Bacon and Scrambled Egg Pizza</b>  Fresh Fruit Choice Of Milk	<b>Scrambled Eggs w/ Home Fries</b> Whole Wheat English Muffin Fresh Fruit Choice Of Milk	<b>Mini Cinni's</b> Fresh Fruit Choice Of Milk
Power Up with Breakfast				
13 <b>WG Orange Muffin</b> Assorted Yogurt Fresh Fruit Choice Of Milk	14 <b>Turkey Sausage, Egg &amp; Cheese Breakfast Boat</b>  Fresh Fruit Choice Of Milk	15 <b>Assorted Breakfast Rounds</b> Strawberry Go-Gurt Fresh Fruit Choice Of Milk	16 <b>Apple Cinnamon Muffin</b> Assorted Yogurt Fresh Fruit Choice Of Milk	17 <b>Honey Wheat Bagel</b> Low Fat Cream Cheese Fresh Fruit Choice Of Milk
20 <b>Mini Alphabet Treats</b> Strawberry Go-Gurt Fresh Fruit Choice Of Milk	21 <b>Turkey Sausage Egg and Cheese Sliders</b> Fresh Fruit Choice Of Milk	22 <b>Mini Cinni's</b> Fresh Fruit Choice Of Milk	23 <b>Fresh Baked Blueberry Muffin</b> Turkey Sausage Patties Fresh Fruit Choice Of Milk	24 <b>Fruit Pockets</b> Fresh Fruit Choice Of Milk
27 <b>Assorted Mini Pancakes</b> Fresh Fruit Choice Of Milk	28 <b>Scrambled Eggs w/ Home Fries</b> Whole Wheat English Muffin Fresh Fruit Choice Of Milk	29 <b>Waffles</b> Maple Syrup Fresh Fruit Choice Of Milk	30 <b>Fruit Frudel</b> Fresh Fruit Choice Of Milk	31 <b>Cream Cheese Stuffed Bagels</b> Fresh Fruit Choice Of Milk

Healthy Breakfast's that work!



Make your Plate a Healthy Plate.  
Reach for nutritious Snacks.

LINTONS   
Food Service Management  
www.lintons1.com



# March 2017

THOMAS A. EDISON  
CHARTER SCHOOL

Serving Only  
Hormone Free Milk

No Pork  
Products  
Served

## Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1	2	3
		<b>BBQ Beef Riblet</b> on Whole Grain Bun <b>Crunchy Fish Tortilla Wrap</b> <b>Turkey Cobb Salad</b>	<b>Turkey Ham &amp; Cheese Pretzel Melt</b> w/ Mustard <b>Turkey Hoagie</b> <b>Fruit and Cheese Tray (V)</b>	<b>Cheesesteak Sandwich</b>  <b>Tuna Salad Sandwich</b> <b>Strawberry Chicken Spinach Salad</b>
		Roasted Sweet Potatoes Savory Baked Beans	Salsa & Tortilla Chips	Crinkle Cut Fries Lemon Garlic Spinach
6	7	8	9	10
<b>Chicken Nuggets w/Dipping Sauce</b> Bread Stick <b>Buffalo Chicken Wrap</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>Meatball Sub</b> on Whole Grain Steak Roll <b>1/2 Turkey BLT Pita</b> <b>Basil Chicken Caesar Salad</b>	<b>Chicken Parmesan</b> Over WG Rotini <b>Crunchy Fish Tortilla Wrap</b> <b>Turkey Cobb Salad</b>	<b>Oven Baked Rotisserie Chicken</b> Whole Grain Biscuit <b>Turkey Hoagie</b> <b>Fruit and Cheese Tray (V)</b>	<b>Turkey Burger</b> on Whole Grain Bun <b>Tuna Salad Sandwich</b> <b>Strawberry Chicken Spinach Salad</b>
Chilled Baby Carrots with Ranch Celery Sticks with Ranch	Sweet Potato Fries Garlic Butter Green Beans	Parmesan Broccoli	Herb Peas & Carrots Creamy Whipped Potatoes	Tri-Colored Baked Beans Seasoned French Fry Sticks
13	14	15	16	17
<b>Turkey Dinner Bowl</b> w/ Whole Grain Corn Muffin <b>Buffalo Chicken Wrap</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>Oven Fried Chicken</b> Whole Grain Corn Muffin <b>1/2 Turkey BLT Pita</b> <b>Basil Chicken Caesar Salad</b>	<b>Super Beef Nacho Supreme</b> Tortilla Chips <b>Crunchy Fish Tortilla Wrap</b> <b>Turkey Cobb Salad</b>	<b>Sloppy Joe</b> on Whole Grain Bun <b>Turkey Hoagie</b> <b>Fruit and Cheese Tray (V)</b>	<b>Cheese Pizza (V)</b> Fresh Fruit <b>Tuna Salad Sandwich</b> <b>Strawberry Chicken Spinach Salad</b>
Creamy Whipped Potatoes Homestyle Collard Greens	Roasted Baby Carrots Garlic & Herb Roasted Potatoes	Fiesta Corn Salsa	Waffle Fries California Blend Veg.	Garbanzo Bean Salad
20	21	22	23	24
<b>Tex Mex Macaroni</b>  <b>Buffalo Chicken Wrap</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>Turkey Ham &amp; Cheese Pretzel Melt</b>  <b>1/2 Turkey BLT Pita</b> <b>Basil Chicken Caesar Salad</b>	<b>Salisbury Steak</b>  <b>Crunchy Fish Tortilla Wrap</b> <b>Turkey Cobb Salad</b>	<b>Oven Baked BBQ Chicken</b>  <b>Turkey Hoagie</b> <b>Fruit and Cheese Tray (V)</b>	<b>Buffalo Cheese Crunchers</b>  <b>Tuna Salad Sandwich</b> <b>Strawberry Chicken Spinach Salad</b>
Chilled Black Bean & Corn Salad	Waffle Fries Herb Peas & Carrots	Creamy Whipped Potatoes Roasted Squash	Roasted Sweet Potatoes Seasoned Corn	Garden Salad
27	28	29	30	31
<b>General Tso's Chicken</b> WG Asian Noodles <b>Buffalo Chicken Wrap</b> <b>Rotini Pasta Salad w/ Tuna</b>	<b>WG Spaghetti w/ Meatsauce</b> Fresh Fruit <b>1/2 Turkey BLT Pita</b> <b>Basil Chicken Caesar Salad</b>	<b>Buffalo Chicken Cheesesteak</b> on Whole Grain Steak Roll <b>Crunchy Fish Tortilla Wrap</b> <b>Turkey Cobb Salad</b>	<b>Turkey Meatloaf</b> WG Garlic Knot <b>Turkey Hoagie</b> <b>Fruit and Cheese Tray (V)</b>	<b>Chicken Alfredo over Egg Noodles</b> Bread Stick <b>Tuna Salad Sandwich</b> <b>Strawberry Chicken Spinach Salad</b>
Roasted Oriental Vegetables	Pennsylvania Select Vegetables	Salsa & Tortilla Chips	Creamy Whipped Potatoes Cajun Black Beans	Broccoli



### Healthy Food, Healthy Teeth

Before you start munching on a snack, ask yourself what's in the food you've chosen. Keep in mind that certain kinds of sweets can do more damage than others. Gooley or chewy sweets spend more time sticking to the surface of your teeth and can damage them.

**LINTONS**  
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Make your Plate a Healthy Plate.  
Eat Calcium Rich foods for Strong Bones.

