

## Tangi Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>HOT buttermilk pancakes</li> </ul>	<ul style="list-style-type: none"> <li>HOT southwest chicken chorizo &amp; cheese brekwich</li> <li>orange juice available</li> </ul>
<ul style="list-style-type: none"> <li>snow flurries cereal (DF)</li> <li>orange juice available</li> </ul>	<ul style="list-style-type: none"> <li>HOT cheddar cheese &amp; omelet gordita</li> </ul>	<ul style="list-style-type: none"> <li>HOT cinnamon toast bagel</li> <li>pineapple juice available</li> </ul>	<ul style="list-style-type: none"> <li>NEW HOT build-your-own breakfast scoops</li> </ul>	<ul style="list-style-type: none"> <li>HOT french toast w/ turkey sausage &amp; egg</li> <li>orange juice available</li> </ul>
<ul style="list-style-type: none"> <li>multigrain cheerios &amp; zac attack strawberry bar (DF)</li> </ul>	<ul style="list-style-type: none"> <li>HOT breakfast panada pie w/ eggs, cheese &amp; green chilies</li> </ul>	<ul style="list-style-type: none"> <li>HOT buttermilk pancakes</li> <li>pineapple juice available</li> </ul>	<ul style="list-style-type: none"> <li>HOT egg &amp; cheese brekwich</li> </ul>	<ul style="list-style-type: none"> <li>HOT cheesy omelet</li> <li>orange juice available</li> </ul>
<ul style="list-style-type: none"> <li>string cheese &amp; cinnamon grahams</li> <li>orange juice available</li> </ul>	<ul style="list-style-type: none"> <li>HOT french toast sticks</li> </ul>	<ul style="list-style-type: none"> <li>HOT classic chicken sausage &amp; cheddar brekwich</li> <li>pineapple juice available</li> </ul>	<ul style="list-style-type: none"> <li>HOT cinnamon toast bagel</li> </ul>	<ul style="list-style-type: none"> <li>HOT turkey, pepper jack, and omelet gordita</li> <li>orange juice available</li> </ul>
<ul style="list-style-type: none"> <li>string cheese &amp; mini dipper doodle bar</li> <li>orange juice available</li> </ul>	<ul style="list-style-type: none"> <li>french toast muffin</li> </ul>	<ul style="list-style-type: none"> <li>NEW HOT build-your-own breakfast scoops</li> <li>pineapple juice available</li> </ul>	<ul style="list-style-type: none"> <li>HOT buttermilk pancakes</li> </ul>	

### What's New?

**National School Breakfast Week** is March 5 – 9!

Celebrate with our **NEW Breakfast Scrambles with Scoops!**

*did you know?* studies show that students who eat breakfast have improved attention and memory, which leads to higher reading and math scores!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered three times per week.

*This institution is an equal opportunity provider*



Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>honey wheat crackers &amp; fruit</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>goldfish cheddar crackers &amp; fruit</li> </ul> <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> <li>blazin' hot sunflower seeds &amp; fruit</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>goldfish "colors" cheddar crackers &amp; fruit</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>ranch rumbles &amp; fruit</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>sunflower seeds &amp; fruit</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>educational snacks &amp; sunbutter</li> </ul> <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> <li>cinnamon grahams &amp; fruit</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>blazin' hot sunflower seeds &amp; fruit</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>educational snacks &amp; fruit</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>goldfish "colors" cheddar crackers &amp; fruit</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>honey wheat crackers &amp; sunbutter</li> </ul> <p style="text-align: right;">16</p>
	<ul style="list-style-type: none"> <li>educational snacks &amp; string cheese</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>goldfish "hot &amp; spicy" cheddar crackers &amp; fruit</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>string cheese &amp; fruit</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>goldfish cheddar crackers &amp; fruit</li> </ul> <p style="text-align: right;">23</p>
<ul style="list-style-type: none"> <li>ranch rumbles &amp; fruit</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>string cheese &amp; fruit</li> </ul> <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> <li>yogurt &amp; fruit</li> </ul> <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> <li>blazin' hot sunflower seeds &amp; fruit</li> </ul> <p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>

### Quiz Time!

**Q: Do you know what makes string cheese stringy?**

**A:** It's natural chemistry! When mozzarella cheese is heated to 140 degrees, it becomes stretchy and the milk proteins move around and line up in a row, which makes the cheese naturally stringy!

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

*This institution is an equal opportunity provider*



Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• baked mac &amp; cheese w/ chicken bites</li> <li>○ green peas</li> </ul>	<ul style="list-style-type: none"> <li>• bean &amp; cheese quesadilla (V)</li> <li>○ glazed carrots</li> </ul>
<ul style="list-style-type: none"> <li>• cheesy pizza bite meal (V)</li> <li>○ celery sticks w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>• crispy chicken sandwich (DF)</li> <li>○ broccoli</li> </ul>	<ul style="list-style-type: none"> <li>• general tso's chicken</li> <li>○ grape tomatoes &amp; pinto beans</li> </ul>	<ul style="list-style-type: none"> <li>• Philly cheese steak sandwich</li> <li>○ potato salad</li> </ul>	<ul style="list-style-type: none"> <li>• baked mac &amp; cheese w/ bbq chicken</li> <li>○ steamed carrots</li> </ul>
<ul style="list-style-type: none"> <li>• *NEW* veggie pizza (V)</li> <li>○ steamed corn</li> </ul>	<ul style="list-style-type: none"> <li>• the revolution dog (DF)</li> <li>○ edamame &amp; baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• creamy chicken alfredo</li> <li>○ chilled, seasoned green beans w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>• spaghetti marinara (V)</li> <li>○ braised greens</li> </ul>	<ul style="list-style-type: none"> <li>• beef burger (DF)</li> <li>○ steamed carrots</li> </ul>
	<ul style="list-style-type: none"> <li>• NEW chicken potstickers &amp; not-so-fried rice</li> <li>○ lettuce &amp; tomatoes w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>• jerk chicken drumstick &amp; pineapple carrot rice (DF)</li> <li>○ smoky black eyed peas &amp; grape tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• chicken salad sandwich (DF)</li> <li>○ coleslaw</li> </ul>	<ul style="list-style-type: none"> <li>• classic chicken parm pasta</li> <li>○ steamed carrots</li> </ul>
<ul style="list-style-type: none"> <li>• beef cheeseburger</li> <li>○ edamame &amp; baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>• crispy chicken sandwich (DF)</li> <li>○ lettuce &amp; tomatoes w/ ranch</li> </ul>	<ul style="list-style-type: none"> <li>• firecracker chicken &amp; noodles</li> <li>○ chilled, seasoned green beans</li> </ul>	<ul style="list-style-type: none"> <li>• pasta w/ zesty beef</li> <li>○ steamed corn</li> </ul>	

### What's New?

Join the Pizza Party! Try our new **Veggie Pizza** with all of its cheesy deliciousness.



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

○ Vegetable of the day

