

MARCH LUNCH



COMPASS ROSE DESTINY CAMPUS L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
February 28, 2022	March 1, 2022	March 2, 2022	March 3, 2022	March 4, 2022
	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges SunSet Sip Juice Applesauce BBQ Sauce Choice of Milk	GRILLED CHEESE PANINI ^ Broccoli Fresh Baby Carrots Ranch Dressing Fresh Banana Choice of Milk	*WALKING TACO* TURKEY TACOS Wild White Nacho Doritos^ Fiesta Beans Fresh Baby Carrots Ranch Dressing Sliced Apples Taco Sauce Choice of Milk	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ Green Beans Orange Juice Choice of Milk
March 7, 2022	March 8, 2022	March 9, 2022	March 10, 2022	March 11, 2022
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ Green Beans Strawberry Apple Crisps Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Sun Splash Veggie Juice Orange Juice Blend Mustard Ketchup Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Broccoli Diced Peaches BBQ Sauce Choice of Milk	*GLOBAL BITES* SHEPHERD'S PIE Breadstick ^ Diced Pears Choice of Milk	NO SCHOOL
March 14, 2022	March 15, 2022	March 16, 2022	March 17, 2022	March 18, 2022
NO SCHOOL	NO SCHOOL	NO SCHOOL		NO SCHOOL
March 21, 2022	March 22, 2022	March 23, 2022	March 24, 2022	March 25, 2022
NO SCHOOL	CHEESE PIZZA^ Country Blend Vegetables Applesauce Choice of Milk	PANCAKES & SAUSAGE ^ Seasoned Diced Potatoes Sun Splash Veggie Juice Diced Pears Syrup Choice of Milk	HOT DOG Hot Dog Bun ^ Baked Beans Fresh Baby Carrots Ranch Dressing Fresh Apple Mustard Ketchup Choice of Milk	VEGETARIAN CHILI WITH BEANS Corn Diced Peaches Fritos ^ Choice of Milk
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
CRUNCHY CHICKEN TENDERS ^ Broccoli Orange Juice Blend BBQ Sauce Choice of Milk	CHARBROILED HAMBURGER Hamburger Bun ^ Baked Beans Sun Splash Veggie Juice Applesauce Mustard Ketchup Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Potato Wedges Diced Peaches BBQ Sauce Choice of Milk	SANTA FE CHICKEN Tortilla Rounds ^ Sun Splash Veggie Juice Fresh Pear Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: COMPASS ROSE DESTINY CAMPUS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name															Contributions
		Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	
03-01-2022	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Potato Wedges	90	2	0	0	0	20	18	1	0	1	0	0	10	0	V:1/2c S BW-PLANT
	SunSet Sip Juice	45	0	0	0	0	35	11	0	10	0	500	70	10	0	V:1/2c RO
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-02-2022	GRILLED CHEESE PANINI ^	340	20	10	0	50	820	30	2	6	14	0	0	322	1	MMA:2oz G/B:2sv WG
	Broccoli	26	0	0	0	0	10	5	3	1	3	945	38	31	1	V:1/2c DG BW-PLANT
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-03-2022	*WALKING TACO*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	TURKEY TACOS	130	7	2	0	70	320	2	0	0	13	200	0	60	2	MMA:2oz BW-LPP BW-LS
	Wild White Nacho Doritos^	130	5	1	0	0	170	20	2	0	2	0	0	40	0	G/B:1.5sv WG
	Fiesta Beans	180	0	0	0	0	452	33	8	3	11	2	1	66	3	V:1/2c L V:1/8c RO BW-HF
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	100	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-04-2022	MINI CHEESE RAVIOLI WITH SAUCE ^	308	7	2	0	50	883	42	5	8	19	10	0	126	2	MMA:2oz G/B:1.25sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
	Orange Juice	60	0	0	0	0	0	15	0	14	0	0	30	20	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-07-2022	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	329	18	4	0	28	502	24	4	5	17	1	1	97	2	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Green Beans	32	0	0	0	0	0	6	2	2	2	21	10	36	1	V:1/2c O BW-PLANT
	Strawberry Apple Crisps	40	0	0	0	0	0	10	2	6	0	0	1	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-08-2022	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Orange Juice Blend	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-09-2022	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-10-2022	*GLOBAL BITES*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	SHEPHERD'S PIE	283	10	5	0	45	626	30	4	4	19	151	17	105	4	MMA:2oz V:1/2c S
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-11-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-14-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-15-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-16-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-18-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-21-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-22-2022	CHEESE PIZZA^	341	17	10	0	41	449	28	3	6	20	0	0	312	2	MMA:2oz G/B:2sv WG V:1/4c RO
	Country Blend Vegetables	69	0	0	0	0	32	15	3	4	3	396	8	36	1	V:1/4c S V:1/2c O BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-23-2022	PANCAKES & SAUSAGE ^	290	14	4	0	40	400	28	3	6	15	0	0	89	2	MMA:2.25oz G/B:2sv WG
	Seasoned Diced Potatoes	115	6	1	0	0	473	14	2	2	2	8	15	4	0	V:1/2c S BW-PLANT
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-24-2022	HOT DOG	130	11	4	0	30	450	2	0	1	5	0	0	0	0	MMA:2oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Fresh Baby Carrots	20	0	0	0	0	44	5	2	3	0	391	2	18	0	V:1/4c RO
	Ranch Dressing	15	1	0	0	0	85	0	0	1	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
03-25-2022	VEGETARIAN CHILI WITH BEANS	200	0	0	0	0	488	38	12	10	10	41	2	91	4	MMA:2oz V:1/2c RO BW-LPP
	Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S BW-PLANT
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Fritos ^	120	8	1	0	0	125	12	0	0	1	0	0	20	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-28-2022	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	36	2	MMA:2oz G/B:1sv WG
	Broccoli	39	0	0	0	0	15	8	4	2	4	1417	56	46	1	V:3/4c DG BW-PLANT
	Orange Juice Blend	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-29-2022	CHARBROILED HAMBURGER	130	8	3	0	35	190	2	0	0	13	0	0	20	2	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Baked Beans	192	1	0	0	0	283	37	7	8	10	1	0	77	3	V:1/2c L BW-LPP BW-HF
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Applesauce	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c BW-PLANT
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-30-2022	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	Potato Wedges	135	3	0	0	0	30	27	2	0	2	0	0	15	0	V:3/4c S
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions	
03-31-2022	SANTA FE CHICKEN	200	5	2	0	44	302	23	6	3	17	1	1	68	1	MMA:2oz V:1/4c S V:3/8c O BW-PLANT BW-LPP BW-HF
	Tortilla Rounds ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Sun Splash Veggie Juice	60	0	0	0	0	10	15	0	13	0	0	0	10	0	V:1/2c RO BW-PLANT
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
 BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: COMPASS ROSE DESTINY CAMPUS

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-22-2022	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Applesauce								
	Choice of Milk	X							
03-23-2022	PANCAKES & SAUSAGE ^	X	X					X	X
	Seasoned Diced Potatoes								
	Sun Splash Veggie Juice								
	Diced Pears								
	Syrup								
	Choice of Milk	X							
03-24-2022	HOT DOG								
	Hot Dog Bun ^	X						X	X
	Baked Beans								
	Fresh Baby Carrots								
	Ranch Dressing	X	X					X	
	Fresh Apple								
	Mustard								
	Ketchup								
Choice of Milk	X								
03-25-2022	VEGETARIAN CHILI WITH BEANS							X	X
	Corn								
	Diced Peaches								
	Fritos ^								
	Choice of Milk	X							
03-28-2022	CRUNCHY CHICKEN TENDERS ^							X	X
	Broccoli								
	Orange Juice Blend								
	BBQ Sauce							X	
	Choice of Milk	X							
03-29-2022	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^	X						X	X
	Baked Beans								
	Sun Splash Veggie Juice								
	Applesauce								
	Mustard								
	Ketchup								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
03-30-2022	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^	X						X	X
	Potato Wedges							X	
	Diced Peaches								
	BBQ Sauce							X	
	Choice of Milk	X							
03-31-2022	SANTA FE CHICKEN	X						X	
	Tortilla Rounds ^								
	Sun Splash Veggie Juice								
	Fresh Pear								
	Choice of Milk	X							