

MARCH LUNCH



COMPASS ROSE ACADEMY (OUTER CIRCLE) 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 TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^ Light Mayonnaise	NO SCHOOL
March 7, 2022	March 8, 2022	March 9, 2022	March 10, 2022	March 11, 2022
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
March 14, 2022	March 15, 2022	March 16, 2022	March 17, 2022	March 18, 2022
NO SCHOOL	POPCORN CHICKEN ^ Baked Beans Sun Splash Veggie Juice Applesauce BBQ Sauce Choice of Milk	ROTINI BAKE ^ Breadstick ^ Mixed Vegetables Orange Juice Blend Choice of Milk	*GLOBAL BITES* SHEPHERD'S PIE Breadstick ^ Diced Pears Choice of Milk TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Tropical Veggie Juice Mustard	BEAN & CHEESE BURRITO ^ Salsa Cup Broccoli Fresh Banana Choice of Milk
March 21, 2022	March 22, 2022	March 23, 2022	March 24, 2022	March 25, 2022
CHEESE PIZZA^ Country Blend Vegetables Applesauce Choice of Milk	CHICKEN ALFREDO PASTA ^ Breadstick ^ Broccoli Orange Juice Blend 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 TURKEY HAM & CHEESE PROTEIN BOX Sliced Bread ^	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 TURKEY BREAST & CHEESE PROTEIN BOX Sliced Bread ^ Pickle Chips Light Mayonnaise	

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 ACADEMY (OUTER CIRCLE)

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	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
03-18-2022	BEAN & CHEESE BURRITO ^	321	9	4	0	15	475	44	8	2	17	318	2	171	4	MMA:2oz G/B:2sv WG BW-LS BW-HF
	Salsa Cup	41	0	0	0	0	95	8	0	3	3	271	6	0	0	V:1/4c RO
	Broccoli	26	0	0	0	0	10	5	3	1	3	945	38	31	1	V:1/2c DG BW-PLANT
	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	
03-21-2022	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	
03-22-2022	CHICKEN ALFREDO PASTA ^	412	22	9	0	88	763	32	2	6	24	4	1	291	1	MMA:2oz G/B:1sv WG
	Breadstick ^	100	1	0	0	0	140	20	2	1	4	0	9	20	1	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
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
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	
	TURKEY HAM & CHEESE PROTEIN BOX	160	12	6	0	52	440	4	0	2	12	0	1	161	0	MMA:2oz V:3/4c DG V:1/4c O
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
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	

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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	
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	
	TURKEY BREAST & CHEESE PROTEIN BOX	152	11	6	0	48	432	3	0	1	13	0	0	161	0	MMA:2oz V:3/4c DG V:1/4c O
	Sliced Bread ^	70	1	0	0	0	134	12	2	2	4	0	0	30	1	G/B:1sv WG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Light Mayonnaise	50	4	0	0	10	70	2	0	0	0	0	0	0	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

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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
03-18-2022	BEAN & CHEESE BURRITO ^	X						X	X
	Salsa Cup								
	Broccoli								
	Fresh Banana								
	Choice of Milk	X							
03-21-2022	CHEESE PIZZA^	X						X	X
	Country Blend Vegetables								
	Applesauce								
	Choice of Milk	X							
03-22-2022	CHICKEN ALFREDO PASTA ^	X						X	X
	Breadstick ^							X	X
	Broccoli								
	Orange Juice Blend								
	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							
	TURKEY HAM & CHEESE PROTEIN BOX	X						X	
Sliced Bread ^	X						X	X	
03-25-2022	VEGETARIAN CHILI WITH BEANS							X	X
	Corn								
	Diced Peaches								
	Fritos ^								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
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							
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							
	TURKEY BREAST & CHEESE PROTEIN BOX	X						X	
	Sliced Bread ^	X						X	X
	Pickle Chips								
Light Mayonnaise		X					X		