

# What's on the Menu?

AOD School Food Program K-8 – Breakfast Menu  
St. Edward on the Lake Catholic School

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Nutrigrain Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	4 <b>BeneFit Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	5 <b>Pop Tart</b> String Cheese or Yogurt Fresh or Cupped Fruit	6 <b>Cereal Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	7 <b>Cereal Bowl</b> String Cheese or Yogurt Fresh Fruit or Cupped Fruit
10 <b>Nutrigrain Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	11 <b>BeneFit Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	12 <b>Pop Tart</b> String Cheese or Yogurt Fresh or Cupped Fruit	13 <b>Cereal Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	14 <b>NO CLASSES</b>
17 <b>NO CLASSES</b>	18 <b>BeneFit Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	19 <b>Pop Tart</b> String Cheese or Yogurt Fresh or Cupped Fruit	20 <b>Cereal Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	21 <b>Cereal Bowl</b> String Cheese or Yogurt Fresh Fruit or Cupped Fruit
24 <b>Nutrigrain Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	25 <b>BeneFit Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	26 <b>Pop Tart</b> String Cheese or Yogurt Fresh or Cupped Fruit	27 <b>Cereal Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit	28 <b>Cereal Bowl</b> String Cheese or Yogurt Fresh Fruit or Cupped Fruit
31 <b>Nutrigrain Bar</b> String Cheese or Yogurt Fresh or Cupped Fruit				



## Join Us for Breakfast

Studies show that breakfast can support a student's learning throughout the day, leading to increased focus, fewer absences, and better test scores



*All meals served with milk.*



# What's on the Menu?

AOD School Food Program K-8– Lunch Menu  
St. Edward on the Lake Catholic School

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets Dinner Roll Curly Fries Mixed Fruit	★ #TacoTuesday 4 Beef Nachos Salsa Black Beans Corn Applesauce	5 <u>Ash Wednesday</u> Grilled Cheese Tomato Soup Fresh Broccoli Grapes	6 Bosco Sticks Marinara Sauce Carrot and Celery Sticks Fresh Banana	7 Macaroni and Cheese Breadstick Garden Salad Diced Strawberries
10 Hot Dog on a Bun Baked Beans French Fries Applesauce	★ 11 Chicken Ranch Wrap Sandwich Broccoli Mixed Fruit	12 Cheeseburger Curly Fries Fresh Cantaloupe Cubes	#BrunchforLunch 13 Pancakes Sausage Patties Celery Sticks Fresh Pear	14 <b>NO CLASSES</b>
17 <b>NO CLASSES</b>	18  BBQ Jerk Chicken Drumstick Dinner Roll Sweet Potato Fries Fresh Banana	19 #BrunchforLunch Egg, Sausage & Cheese Biscuit Tater Tots Diced Strawberries	20 Chicken Nuggets Broccoli with Cheese Cantaloupe Cubes	21 Macaroni and Cheese Breadstick Green Beans Mixed Fruit
24 Bosco Sticks Marinara Sauce Carrot and Celery Sticks Apple Slices	★ 25 Chicken Tenders Mashed Potatoes Corn Fresh Grapes	26 Cheeseburger Baked Beans French Fries Fresh Banana	#BrunchforLunch 27 Mini Waffles Sausage Patties Broccoli Fresh Cantaloupe	28 French Bread Cheese Pizza Garden Salad Applesauce
31 Chicken Alfredo Pasta Dinner Roll Broccoli Diced Strawberries				

### Specials



Global Eats turns food into a worldly adventure!  
For the Month of March, we're traveling to the Caribbean! Come Us!

**Global Eats – The Caribbean**  
**Featuring:**  
BBQ Jerk Chicken Drumstick



Lucky Tray Day

### Daily Offerings

**Entrée #2**  
Garden Salad w/Chicken & Pita Bread

**Entrée #3**  
Soy Butter & Grape Jelly

Fruit, Milk and Vegetables available daily with all entrées

\*School **Must** offer all **5** components (Protein, Grain, Fruit, Veggie and 1% Milk)

\*Students **MUST** choose **3** or more components – 1 component **MUST** at least be ½ cup fruit & or Vegetable



All meals served with milk.  
Menus will be changing to accommodate for the National Food Supply Chain challenges

- AOD School Food Program Contact Information: (313) 883-8755  
This institution is an equal opportunity provider.