

SYNERGY LEARNING ACADEMY- MARCH LUNCH MENU- 2021

**EACH DAY WE OFFER DAL AND RICE AS AN ALTERNATIVE LUNCH OPTION *EACH DAY WE OFFER MILK & WATER AS MEAL*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1st Snack: Honey maid Crackers, Strawberries, Milk Lunch: Whole Grain Mac n Cheese, Broccoli, Seasonal Fruit 2nd Snack: Whole Grain Crackers, Grapes 3rd Snack: Cheese Cubes	2 1st Snack: Cheese Sandwich, Milk, Grapes Lunch: Whole grain waffles, Apple Slices Yogurt, Roasted Potatoes 2nd Snack: Multigrain Crackers, Oranges 3rd Snack: Cheese Sticks	3 1st Snack: Wheat Thin Crackers, Pears, Milk Lunch: Quinoa with Peas, Whole Wheat Tortilla, Seasonal Fruit 2nd Snack: Tortilla Chips, Apples 3rd Snack: Dried Blueberries	4 1st Snack: Multigrain Bagels, Blueberries, Milk Lunch: Whole Wheat Tortilla with Hummus & Vegetable Wrap, Seasonal Fruit 2nd Snack: Wheat thins, Grapes 3rd Snack: Tortilla Chips	5 1 st Snack: Fig Bars, Apples, Milk Lunch: Cheese Whole Grain Tortellini with Alfredo Sauce, Broccoli, Seasonal Fruit 2nd Snack: Sweet potato crackers, Pears 3rd Snack: Raisins
8 1st Snack: Belvita Crackers, Strawberries, Milk Lunch: Grilled Cheese Sandwich on Whole Wheat, tomato Soup, Seasonal Fruit 2nd Snack: Tortilla Chips, Blueberries 3rd Snack: Raisins	9 1 st Snack: Nutrigrain Bars, Blueberries, Milk Lunch: Whole Wheat Cheese Tortilla with Sweet Potato filling, Pinto Beans, Seasonal Fruit 2nd Snack: Multi grain crackers, Watermelon 3rd Snack: Dried Blueberries	10 1st Snack: Honey maid Crackers, Oranges, Milk Lunch: Veggie Burger on Whole Grain Bun Seasonal Fruit Mixed Vegetables 2nd Snack: Cheese Cubes, Apples 3rd Snack: Sweet Potato Chips	11 1st Snack: Multigrain Bagels, Pears, Milk Lunch: Cheesy Corn, Cornbread Casserole, String Cheese Fruit 2nd Snack: Multi grain crackers, Oranges 3rd Snack: Tortilla Chips	12 1 st Snack: Cheerios, Grapes, Milk Lunch: Two Cheese pasta mixed Vegetables, Seasonal Fruit 2 nd Snack: Wheat Thin Crackers, Apples 3rd Snack: Cheese Sticks
15 1st Snack: Honey maid Crackers, Strawberries, Milk Lunch: Whole Wheat spaghetti & Red Sauce, Peas, String Cheese, Seasonal Fruit 2nd Snack: Tortilla Chips, Apples 3rd Snack: Cheese Sticks	16 1 st Snack: Nutrigrain Bars, Blueberries, Milk Lunch: Cottage Cheese Curry, Naan Bread Seasonal fruit 2nd Snack: Multi grain crackers, Watermelon 3rd Snack: Dried Blueberries HAPPY BIRTHDAY AARIV	17 1st Snack: Cheerios, Oranges, Milk Lunch: Veggie Burger on Whole Grain Bun Seasonal Fruit Mixed Vegetables 2nd Snack: Cheese Cubes, Apples 3rd Snack: Sweet Potato Chips	18 1st Snack: Multigrain Bagels, Blueberries, Milk Lunch: Vegetable balls With red sauce Roll /Whole Wheat Seasonal Fruit 2nd Snack: Wheat thins, Grapes 3rd Snack: Tortilla Chips	19 NO SCHOOL (Teacher's PDD)
22 1 st Snack: Nutrigrain Bars, Blueberries, Milk Lunch: Whole Grain Macaroni & Cheese Peas and Carrots Seasonal Fruit 2nd Snack: Tortilla Chips, Apples 3rd Snack: Multigrain crackers	23 1 st Snack: Life Cereal, Apples, Milk Lunch: Split Pea Soup Whole grain roll Cheese Stick Seasonal Fruit 2nd Snack: Cheese Cubes, Oranges 3rd Snack: Sweet Potato Chips	24 1 st Snack: Cheerios, Bananas, Milk Lunch: Veggie Chilli with three beans, Corn Bread Muffin, Seasonal Fruit 2nd Snack: Rice crackers, Oranges 3rd Snack: Cheese string	25 1st Snack: Jam sandwich, Straw berries, Milk Lunch: Mexican Rice, Beans & Vegetables, Whole Wheat Tortillas, Seasonal Fruit 2nd Snack: Multi grain crackers, Blueberries 3rd Snack: Tortilla Chips	26 1 st Snack: Honeymaid Crackers, Grapes, Milk Lunch: Multi grain Cheese Pizza, Bananas, Broccoli 2nd Snack: Wheat Thin Crackers, Apples 3rd Snack: Cheese Sticks HAPPY BIRTHDAY MADHURA
29 1 st Snack: Nutrigrain Bars, Blueberries, Milk Lunch: Whole Grain Macaroni & Cheese Peas and Carrots Seasonal Fruit 2nd Snack: Tortilla Chips, Apples 3rd Snack: Multigrain crackers	30 1 st Snack: Cheerios, Grapes, Milk Lunch: Multi grain Cheese Pizza, Bananas, Broccoli 2nd Snack: Wheat Thin Crackers, Apples 3rd Snack: Cheese Sticks HAPPY BIRTHDAY AROHI	31 1st Snack: Jam sandwich, Straw berries, Milk Lunch: Broccoli and Cheese Soup, Whole Wheat Pita Bread, Seasonal Fruit 2nd Snack: Multi grain crackers, Blueberries 3rd Snack: Tortilla Chips		