

# Menu FOUNTAIN HS 9-12 SNP BREAKFAST AND LUNCH MENU – MAR 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
BREAKFAST MEAL	<a href="#">WG Bagel Bites (2 oz)</a> ½ c Oranges, ½ c Apple Juice	<a href="#">WG Blueberry Muffin (2 oz)</a> ½ c Peaches, ½ c Orange Juice	<a href="#">WG Bagel w/Nutella (2 oz)</a> 1/2 c Pears, ¼ c Craisins	<a href="#">Berry French Toast (2.64 oz)</a> 1 Banana + ½ c Apple Juice	
Lunch MMA	<a href="#">Cheeseburger</a> ½ c Broccoli (Dark Grn) ½ c Baked Beans (Otr) ½ c Apples, 1 Banana <a href="#">WG Hamburger Bun</a>	<a href="#">Spaghetti M/Sauce (8 oz)</a> 1.25 c Carrots ½ c Pears, 1 Orange <a href="#">WG Tortilla (2 oz)</a>	<a href="#">WG Cheese Pizza (1 Slice)</a> ½ c Green Beans(Otr) ½ c Corn (Starch) ½ c Fruit Mix, 1 Apple <a href="#">Grain in Crust ( 2 oz)</a>	<a href="#">Turkey Pinwheels (1 ea)</a> 3/4 c Celery Sticks ½ c Fruit Mix, 1 Apple <a href="#">WG Tortilla (2 oz)</a>	
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
BREAKFAST MEAL	<a href="#">WG Bagel w/Crm Chs (2 oz)</a> ½ c Sliced Apples + 1 Banana	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Apple + ½ c Pineapples	<a href="#">WG Apple Bites (2 oz)</a> 1 Banana + ½ c Sliced Peaches	<a href="#">French Toast Bites (3 oz)</a> 1 Orange + ½ c Pears	
Lunch MMA	<a href="#">Beef Stacker (2 ea)</a> over 1 c Hash Browns (Starch) ½ c Peaches, 1 Banana <a href="#">WG Bun (2 oz)</a>	<a href="#">Chicken Creole Bowl (4 oz)</a> ½ c Broccoli (Dark Green) 3/4 c Green Beans (Other) ½ c Apples, ½ c Oranges <a href="#">WG Brn Rice 8 oz</a>	<a href="#">WG Cheese Pizza (1 Slice)</a> 1.25 c Carrots w/Ranch (R/O) ½ c Fruit Mix, 1 Apple <a href="#">Grain in Crust ( 2 oz)</a>	<a href="#">Turkey Pinwheels (1 ea)</a> ½ c Black Beans ½ c Peaches, 1 Banana <a href="#">WG Tortilla (2 oz)</a>	
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
BREAKFAST MEAL	<a href="#">WG Banana Muffin (2 oz)</a> 1 Orange + 1 Apple	<a href="#">WG Cin Toast Crun Bowl (1 oz)</a> 1 Apple + ½ c Pineapples	<a href="#">WG Mini Cin Chs Bag (2.43 oz)</a> 1 Banana + ½ c Sliced Peaches	<a href="#">WG Bagel w/Crm Chs (2 oz)</a> 1 Banana + ½ Apple Juice	
Lunch MMA	<a href="#">Mexicali Boat</a> ½ c French (Starch) ½ c Apples, 1 Banana <a href="#">WG Hamburger Bun</a>	<a href="#">Chicken Slider w/Honey (1 ea)</a> 1 c Broccoli (Dark Green) 1 c Seasoned Peaches <a href="#">WG Bun (2 oz)</a>	<a href="#">WG Cheese Pizza (1 Slice)</a> 1.25 c Carrots w/Ranch (R/O) ½ c Fruit Mix, 1 Apple <a href="#">Grain in Crust ( 2 oz)</a>	BBQ Chicken Pita 1 c Corn Salad (Starch) ½ c Mand Oranges, 1 Apple <a href="#">WG Pita (2 oz)</a>	
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
BREAKFAST MEAL	<a href="#">WG Bagel w/Crm Chs (2 oz)</a> ½ c Sliced Apples + 1 Banana	<a href="#">Berry French Toast (2.64 oz)</a> 1 Apple + ½ c Pineapples	<a href="#">WG Apple Bites (2 oz)</a> 1 Banana + ½ c Sliced Peaches	<a href="#">French Toast Bites (3 oz)</a> 1 Orange + ½ c Pears	
Lunch MMA	<a href="#">Mexicali Boat</a> 1 c French Fries (Starch) ½ c Apples, 1 Banana <a href="#">WG Bun (2 oz)</a>	<a href="#">Beefaroni (6 oz)</a> ½ c Broccoli (Dark Grn) ½ c Black Beans (Other) ½ c Peaches, ½ c Oranges <a href="#">WG Noods + WG Roll (2 oz)</a>	<a href="#">WG Cheese Pizza (1 Slice)</a> 1.25 c Carrots w/Ranch (R/O) ½ c Fruit Mix, 1 Apple <a href="#">Grain in Crust ( 2 oz)</a>	<a href="#">Hawaiian Chicken Wrap (1 ea)</a> 3/4 c Italian Celery Slices (Otr) ½ c Peaches, 1 Apple <a href="#">WG Tortilla (2 oz)</a>	
	<b>31</b>				
BREAKFAST MEAL	<a href="#">WG Bagel w/Nutella (2 oz)</a> 1/2 c Pears, ¼ c Craisins				
Lunch MMA	<a href="#">Taco Salad Wrap (1 ea)</a> ½ c Green Beans(Otr) ½ c Corn (Starch) ½ c Oranges, 1 Banana <a href="#">WG Tortilla (2 oz)</a>				

All fruit is at least a combined total of 1 c – All veg is 1 c except Red/Orange Day the serving is 1.25 oz – No pork/pork by products, fish or nuts served.  
Breakfast and Lunch meals include skim, 1% milk or FF Flavored Milk.

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