



SOUTHWEST ELEMENTARY CAFÉ'
PATRICIA BAMBERG, MANAGER
 863-499-2832



Monday

4
 CHILI W/BREADSTICK
 PBJ
 ASIAN CHICKEN SALAD
 POTATO WEDGES
 VEGGIE TRAY
 FRESH FRUIT

11
 CHICKEN DRUMMIES
 PBJ
 BUFFALO CHICKEN SALAD
 BROCCOLI
 VEGGIE TRAY
 FRESH FRUIT

18
 CHICKEN PATTY SANDWICH
 PBJ
 ASIAN CHICKEN SALAD
 SWEET POTATO FRIES
 VEGGIE TRAY
 FRESH FRUIT

25
 SPRING BREAK



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Tuesday



5
 CHICKEN TENDERS
 YOGURT SNACKER
 SOUTHWEST SALAD
 GREEN BEANS
 VEGGIE TRAY
 CHILLED FRUIT

12
 SHEPHERDS PIE
 YOGURT SNACKER
 HARVEST CHICKEN SALAD
 GREEN PEAS
 VEGGIE TRAY
 CHILLED FRUIT

19
 BEEF TACOS
 YOGURT SNACKER
 SOUTHWEST SALAD
 PINTO BEANS
 VEGGIE TRAY
 CHILLED FRUIT

26
 SPRING BREAK

Wednesday

6
 BAKED ZITI
 PIZZA SNACKER
 FRUIT SALAD
 CALI BLEND
 VEGGIE TRAY
 FRESH FRUIT

13
 EARLY RELEASE
 PBJ
 VEGGIE
 FRUIT
 MILK

20
 BREAGED BAKED CHICKEN
 PIZZA SNACKERS
 FRUIT
 SALAD
 GREEN BEANS
 VEGGIE TRAY

27
 SPRING BREAK

Thursday

7
 MONTE CRISTO SANDWICH
 CHICKEN WRAP
 CHEF SALAD
 SWEET POTATO TOTS
 VEGGIE TRAY
 CHILLED FRUIT

14
 SLOPPY JOE NACHOS
 HAM & CHEESE SANDWICH
 CHEF SALAD
 CALI BLEND
 VEGGIE TRAY
 CHILLED FRUIT

21
 CUBAN FLATBREAD
 TURKEY & CHEESE SANDWICH
 CHEF SALAD
 BLACK BEAN
 VEGGIE TRAY
 CHILLED FRUIT

28
 SPRING BREAK

Friday

1
 CHEESEBURGER
 YOGURT SNACKER
 CHICKEN CAESAR SALAD
 FRENCH FRIES
 VEGGIE TRAY
 APPLESAUCE

8
 FIESTADA PIZZA
 YOGURT SNACKER
 CHICKEN CAESAR SALAD
 CORN ON COB
 VEGGIE TRAY
 FROZEN FRUIT CUPS

15
 CHEESEBURGER
 YOGURT SNACKER
 CHICKEN CAESAR SALAD
 FRENCH FRIES
 VEGGIE TRAY
 APPLESAUCE

22
 PIZZA
 YOGURT SNACKER
 CHICKEN CAESAR SALAD
 CORN
 VEGGIE TRAY
 FROZEN FRUIT CUP

29
 SPRING BREAK