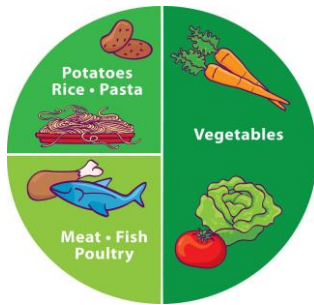


**ASSEMBLY 'S
CAFETERIA
BREAKFAST
PROVIDES YOU
WITH
MORE FRUITS**



Start your Day Off With a Good Breakfast

MAKE SURE YOU EAT ALL YOUR FRUITS FOR BREAKFAST!!!

**Breakfast Prices March 15 Days
Full Pay- \$1.90 x 15 = \$28.50
Reduced .30 x 15 = \$4.50**

MENU'S ARE SUBJECT TO CHANGE

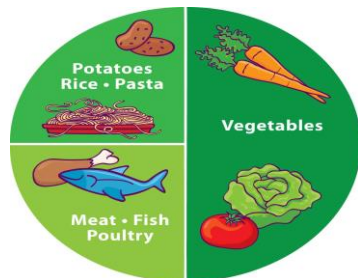
**Condiments Available at Breakfast:
Syrup**

MARCH BREAKFAST MENU 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Breakfast on a Stick Tropical Fruit Choice of Juice Choice of Milk
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Assorted Cereal Toast Jelly Sliced Peaches Choice of Juice Choice of Milk	Biscuit Ham Patty Jelly Apple Sauce Choice of Juice Choice of Milk	Pancakes Egg Patty Syrup Mixed Fruits Choice of Juice Choice of Milk	Grits Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	 NO SCHOOL REPORT CARD CONFERENCE
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Assorted Cereal Toast Jelly Sliced Peaches Choice of Juice Choice of Milk	Biscuit Bacon Jelly Apple Sauce Choice of Juice Choice of Milk	Waffles Ham Patty Syrup Mixed Fruits Choice of Juice Choice of Milk	Grits Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	Biscuit Egg Patty Jelly Tropical Fruit Choice of Juice Choice of Milk
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Assorted Cereal Toast Jelly Sliced Peaches	Biscuit Sausage Patty Jelly Apple Sauce	Pancakes Ham Patty Syrup Mixed Fruits	Grits Toast Bacon Jelly Diced Pears	French Toast Egg Patty Tropical Fruit

MARCH LUNCH 2016 K - 8th GRADES

Assembly Christian's Cafeteria Lunches Provide You With More Healthier Choices



Lunch Prices March 15 Days
 Full Pay \$2.70 x 15 = \$40.50
 Reduced .40 x 15 = \$6.00

LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Spring Mix (Green & Red Lettuces), Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots





We offer Baby Carrots everyday
 Our Stack of Trim is Spinach, Tomatoes, & Pickle Slices

The Grains we serve At Lunch are Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

We serve Fruits Daily
 Also 100% Fruit Juices

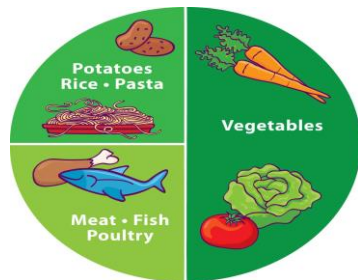
Condiments Available Daily:
 Ranch Fat Free, Regular, Italian
 Ketchup, Mustard, B.B. Que Sauce

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Beef Pizza Corn Green Leafy Salad Tropical Fruit Cookie Choice of Milk
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
				
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Chicken Fried Steak Cheesy Potatoes Green Leafy Salad Peaches Dinner Roll Choice of Milk	Red Beans W/Sausage Rice Cole Slaw Apple Sauce Cornbread Dinner Roll Choice of Milk	Cheese Burger Bun Potatoes Stack of Trim Mixed Fruits Choice of Milk	Pork & Sausage Jambalaya Carrots Green Leafy Salad Pears Cookies Choice of Milk	 NO SCHOOL REPORT CARD CONFERENCE
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Chicken Nuggets Macaroni & Cheese Broccoli Green Leafy Salad Peaches Dinner Roll Choice of Milk	Baked Chicken Rice Dressing Baked Beans Green Leafy Salad Apple Sauce Garlic Roll Choice of Milk	Sloppy Joe Bun Potatoes Stack of Trim Mixed Fruits Choice of Milk	Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Diced Pears Cinnamon Roll Choice of Milk	Cheese Pizza Corn Green Leafy Salad Tropical Fruit March Birthdays Cake
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Salsbury Steak Mashed Potatoes W/ Gravy Green Leafy Salad Sliced Peaches Dinner Roll Choice of Milk	Pork Roast Stew Rice White Beans Green Leafy Salad Apple Crisp Choice of Milk	Hamburgers Potatoes Stack Of Trim Mixed Fruits Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Diced Pears Cookie Choice of Milk	Shrimp Stew Rice Sweet Peas & Carrots Green Leafy Salad Tropical Fruit Dinner Roll Choice of Milk

MENU'S ARE SUBJECT TO CHANGE

MARCH LUNCH 2016 9 - 12th GRADES

Assembly Christian's
Cafeteria Lunches
Provide You With
More Healthier
Choices



Lunch Prices March 15 Days
Full Pay \$2.70 x 15 = \$40.50
Reduced .40 x 15 = \$6.00

LET'S SEE HOW MANY DIFFERENT COLOR
VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach
Spring Mix (Green & Red Lettuces),
Romaine, Iceberg, Tomatoes,
Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday
Our Stack of Trim is Spinach, Tomatoes,
& Pickle Slices

The Grains we serve At Lunch are
Whole Wheat/Whole Grain.

YOU ALSO HAVE A VARIETY OF MEATS
SERVED EACH WEEK.

We serve Fruits Daily
Also 100% Fruit Juices

Condiments Available Daily:
Ranch Fat Free, Regular, Italian
Ketchup, Mustard, B.B. Que Sauce

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1
				Beef Pizza Corn Green Leafy Salad Tropical Fruit Cookie Choice of Juice Choice of Milk
MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8
MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Chicken Fried Steak Cheesy Potatoes Green Leafy Salad Peaches Dinner Roll Choice of Juice Choice of Milk	Red Beans W/Sausage Rice Cole Slaw Apple Sauce Cornbread Choice of Juice Choice of Milk	Cheese Burger Bun Potatoes Stack of Trim Mixed Fruits Choice of Juice Choice of Milk	Pork & Sausage Jambalaya Corn Green Leafy Salad Pears Cookies Choice of Juice Choice of Milk	 NO SCHOOL REPORT CARD CONFERENCE
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Chicken Nuggets Macaroni & Cheese Broccoli Green Leafy Salad Peaches Dinner Roll Choice of Juice Choice of Milk	Baked Chicken Rice Dressing Baked Beans Green Leafy Salad Apple Sauce Garlic Roll Choice of Juice Choice of Milk	Sloppy Joe Bun Potatoes Stack of Trim Mixed Fruits Choice of Juice Choice of Milk	Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Diced Pears Cinnamon Roll Choice of Juice Choice of Milk	Cheese Pizza Corn Green Leafy Salad Tropical Fruit March Birthdays Cake Choice of Juice
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Salsbury Steak Mashed Potatoes W/ Gravy Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	Pork Roast Stew Rice White Beans Green Leafy Salad Apple Crisp Choice of Juice Choice of Milk	Hamburgers Potatoes Stack Of Trim Mixed Fruits Choice of Juice Choice of Milk	Pepperoni Pizza Corn Green Leafy Salad Diced Pears Cookie Choice of Juice Choice of Milk	Shrimp Stew Rice Sweet Peas & Carrots Green Leafy Salad Tropical Fruit Dinner Roll Choice of Juice Choice of Milk

MENU'S ARE SUBJECT TO CHANGE