

Check out **NEW** menu items highlighted in **PURPLE**.  
Tell us what you think!

# MARCH 2020

Henderson Collegiate – Elementary School

Drinks: Plain 1% milk, skim chocolate and strawberry milk, and water available at breakfast and lunch

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <p>Cinnamon Roll<br/>Fresh Fruit <b>2</b></p> <p><b>Teriyaki Pork over Aromatic Rice</b><br/><b>Ginger Carrots</b>, Cucumber Slices<br/>Fresh Fruit</p>  | <p>Yogurt, Granola<br/>Fresh Fruit <b>3</b></p> <p><b>Cheese Pizza!</b><br/>Green Pepper Strips, Tuscan Marinated<br/>Cherry Tomatoes<br/>Fresh Fruit</p>                    | <p>Cereal Bars (2)<br/>Fresh Fruit <b>4</b></p> <p>HC Nacho Bar! (taco beef, sour cream,<br/>shredded cheddar, chopped lettuce, sassy<br/>salsa, WG chips)<br/>Fiesta Black Beans<br/>Fresh Fruit</p>      | <p>Bagel, Butter or Cream Cheese<br/>Fresh Fruit <b>5</b></p> <p>Classic Chicken Sandwich<br/>Choice of Sauce: BBQ or Spicy Ranch<br/>Creamy Corn, Fresh Green Salad<br/>Fresh Fruit</p>  | <p>Superdonut<br/>Fresh Fruit <b>6</b></p> <p>PBJ or Turkey Ham &amp; Cheese Sandwich<br/>Carrots, Celery Sticks, Chips<br/>Fresh Fruit</p>  |
| <p>Cereal Bars (2)<br/>Fresh Fruit <b>9</b></p> <p>HC Deluxe Burger<br/>Tossed Salad, Creamy Yellow Corn<br/>Fresh Fruit</p>   | <p>Yogurt, WG Muffin<br/>Fresh Fruit <b>10</b></p> <p><b>Mexican Black Beans &amp; Cilantro Rice</b><br/><b>Tex-Mex Caesar Salad</b><br/>Baby Carrots<br/>Fresh Fruit</p>    | <p>Bagel, Jelly, Butter or Cream Cheese<br/>Fresh Fruit <b>11</b></p> <p>Pulled Pork Sandwich<br/>Mashed Sweet Potatoes<br/>HC's Famous Coleslaw<br/>Fresh Fruit</p>                                       | <p>English Muffin, Butter, Hardboiled Egg<br/>Fresh Fruit <b>12</b></p> <p><b>Mac&amp;Cheese Bar</b><br/><b>Toppings: bacon crumbles, chives,</b><br/><b>hot sauce; Dinner Roll</b><br/>String Beans, Baked Beans<br/>Fresh Fruit</p> | <p>Appleways<br/>Fresh Fruit <b>13</b></p> <p><b>Build Your Own Salad!</b><br/><b>Chopped Romaine, Carrot, Sliced</b><br/><b>Cucumber, Tomatoes, Tuna Salad or</b><br/><b>Hardboiled Egg, Shredded Cheese, Pita</b><br/><b>Wedges, Fresh Fruit</b></p> |
| <p>Apple Frudel, Cheese Stick<br/>Fresh Fruit <b>16</b></p> <p>HC Nachos<br/>(taco beef; cheddar, sassy salsa, chopped<br/>lettuce, corn, WG yellow corn tortilla<br/>chips)<br/>Fresh Fruit</p> | <p>Bagel, Cream Cheese<br/>Fresh Fruit <b>17</b></p> <p><b>Black History Celebration</b><br/>Chopped BBQ Pork, WG Dinner Roll,<br/>Baked Beans, Coleslaw<br/>Fresh Fruit</p> | <p>WG Biscuit, Butter, Jam<br/>Fresh Fruit <b>18</b></p> <p>Winter Ragu (meaty red sauce) over WG<br/>Spiral Pasta, Parmesan Cheese<br/>Fresh Green Salad, Cherry Tomatoes<br/>WG Roll<br/>Fresh Fruit</p> | <p>Yogurt, Granola<br/>Fresh Fruit <b>19</b></p> <p>Breakfast for Lunch:<br/>Omelet, WG Pancakes<br/>Spinach Salad, Cucumber Slices<br/>Fresh Fruit</p>   | <p>Poptarts (2)<br/>Fresh Fruit <b>20</b></p> <p>PBJ or Turkey Ham &amp; Cheese Sandwich<br/>Carrots, Broccoli, Ranch<br/>Chips<br/>Fresh Fruit</p>  |
| <p>Yogurt, WG Muffin<br/>Fresh Fruit <b>23</b></p> <p>PBJ Sandwich<br/>3 Bean Salad, Baby Carrots<br/>Cheese Stick<br/>Fresh Fruit</p>   | <p>Appleways<br/>Fresh Fruit <b>24</b></p> <p><b>Homemade Ham &amp; Cheese</b><br/>Carrots, Cucumber Slices<br/>Sunchips<br/>Fresh Fruit</p>                                 | <p>Cereal Bars (2)<br/>Fresh Fruit <b>25</b></p> <p>PBJ Sandwich<br/>Carrots, Broccoli<br/>Cheese Stick<br/>Fresh Fruit</p>  | <p>Bagel, Peanut Butter<br/>Fresh Fruit <b>26</b></p> <p>Turkey Ham &amp; Cheese Sandwich<br/>Potato Salad, Celery Sticks<br/>Baked Lays Chips<br/>Fresh Fruit</p>  | <p>Superdonut<br/>Fresh Fruit <b>27</b></p> <p>Chicken Biscuit<br/>Baby Carrots, Green Pepper Strips<br/>Ranch dressing<br/>Cheese Stick<br/>Fresh Fruit</p>   |
| <p>Yogurt, WG Muffin<br/>Fresh Fruit <b>30</b></p> <p>HC Deluxe Burger<br/><b>Shredded Carrot Salad</b><br/><b>Try It! Roasted Parmesan Cauliflower</b><br/>Fresh Fruit</p>                      | <p>Cinnamon Roll<br/>Fresh Fruit <b>31</b></p> <p>Chopped BBQ Pork, WG Roll<br/>Coleslaw, Boiled Potatoes<br/>Fresh Fruit</p>  |  |   |  |

Henderson Collegiate is an equal opportunity provider and employer.  
Questions? Ideas? Allergy concerns? Contact the School Nutrition Manager (skelley@hendersoncollegiate.org).  
Menu subject to change based on product availability. Check website or call for updates.

