

# March 2022



Drinks: Plain 1% Milk, Skim Chocolate Milk, w/ breakfast and lunch.  
100% Juice offered at Breakfast; serving size dependent on grade level.

**HENDERSON COLLEGIATE**  
3 Schools, 1 Mission: COLLEGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
weekend		<sup>1</sup> B: Nutri-grain bar, Fruit, Juice L: Chef Salad w/chicken, cucumbers, boiled eggs, cheese, tomato, graham crackers, fruit	<sup>2</sup> B: Appleways bar, Fruit, Juice L: Chicken strips, rice, celery sticks, roll, fruit	<sup>3</sup> B: Pop-tarts, Fruit, Juice L: Hamburger, Mixed Green Salad, Broccoli, fruit	<sup>4</sup> B: Cinnamon roll, Fruit, Juice L: Deli sandwich/PBJ, Carrots, Celery, graham crackers, cheese sticks, fruit	weekend
weekend <sup>6</sup>	<sup>7</sup> B: Super Donut, Fruit, Juice L: Corn dogs, salad, tomatoes, fruit	<sup>8</sup> B: Yogurt/Granola, Fruit, Juice L: Chicken sandwich, salad, celery, tomatoes, fruit	<sup>9</sup> B: Cereal, Fruit, Juice L: Fish Sticks, coleslaw, carrots, fruit	<sup>10</sup> B: Appleways bar, Fruit, Juice L: Nacho's w/corn chips, cheese, tomatoes, lettuce, corn, fruit	<sup>11</sup> B: Poptart, Fruit, Juice L: Deli sandwich, PB&J, tomatoes, cucumbers, fruit	weekend <sup>12</sup>
weekend <sup>13</sup>	<sup>14</sup> B: Poptarts, Fruit, Juice L: Corn dogs, coleslaw, celery, fruit	<sup>15</sup> B: Nutri-grain bar, Fruit, Juice L: Hamburger, Mixed Green Salad, tomatoes, fruit	<sup>16</sup> B: Cinnamon rolls, Fruit, Juice L: Hot dogs w/buns, baked beans, carrots, fruit	<sup>17</sup> B: Super Donut, Fruit, Juice L: Country Fried Steak, Boiled potatoes, Mixed Green Salad, Fruit	<sup>18</sup> B: Poptart, Fruit, Juice L: Deli sandwich, PB&J, carrots, cucumbers, fruit	weekend <sup>19</sup>
weekend <sup>20</sup>	<sup>21</sup> B: Super Donut, Fruit, Juice L: Fish sandwich, mixed green salad, tomatoes, fruit	<sup>22</sup> B: Yogurt and Granola, Fruit, Juice L: Chef Salad w/chicken, cucumbers, boiled eggs, cheese, tomato, graham crackers, fruit	<sup>23</sup> B: Cereal, Fruit, Juice L: Nacho's w/corn chips, cheese, tomatoes, lettuce, corn, fruit	<sup>24</sup> B: Appleways, Fruit, Juice L: Corn dogs, coleslaw, carrots, fruit	<sup>25</sup> B: Poptart, Fruit, Juice L: Deli sandwich, PB&J, carrots, celery, fruit	weekend <sup>26</sup>
weekend <sup>27</sup>	<sup>28</sup> B: Cinnamon rolls, Fruit, Juice L: Hamburger, Mixed Green Salad, Celery, fruit	<sup>29</sup> B: Yogurt and Granola, Fruit, Juice L: Chicken nuggets, cucumbers, tomatoes, fruit	<sup>30</sup> B: Super Donut's, Fruit, Juice L: Chef Salad w/chicken, cucumbers, boiled eggs, cheese, tomato, graham crackers, fruit	<sup>31</sup> B: Nutri-grain bar's, Fruit, Juice L: Fish Sticks, coleslaw, carrots, fruit		weekend

Henderson Collegiate is an equal opportunity provider an employer. Meals subject to change based on product availability. Check our website for details.  
Questions? Ideas contact the School Nutrition Director: [jhetrick@hendersoncollegiate.org](mailto:jhetrick@hendersoncollegiate.org)

