### March 2023

# Midland Innovation and Technology Charter School

### **Breakfast**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Milk:	Apple Roll Fruit Choice Milk Choice	• Mini Blueberry Pancakes Fruit Choice Milk Choice	Soft Filled Cocoa Puffs Bar Fruit Choice Milk Choice
7	8	9	10
Cocoa Chip Bar Fruit Choice Milk Choice	Mini Maple Pancakes Fruit Choice Milk Choice	Iced Donut w/Sprinkles Fruit Choice Milk Choice	Cinnamon Roll Fruit Choice Milk Choice
14	15	16	17
Chocolate Chip Oatmeal     Rar		Mini Blueberry Pancakes     Fruit Chaica	Soft Filled Cocoa Puffs Bar
Fruit Choice Milk Choice	Milk Choice	Milk Choice	Fruit Choice Milk Choice
21	22	23	24
Cocoa Chip Bar  Fruit Chains	Mini Maple Pancakes     Fruit Chains	Iced Donut w/Sprinkles  Fruit Chains	Cinnamon Roll     Fruit Chains
Milk Choice	Milk Choice	Milk Choice	Fruit Choice Milk Choice
28	29	30	31
Chocolate Chip Oatmeal     Par	Apple Roll  Fruit Chaire	Mini Blueberry Pancakes  Fruit Chaice	
Fruit Choice	Milk Choice	Milk Choice	Bar Fruit Choice Milk Choice
	Assorted Milk:  Cocoa Chip Bar Fruit Choice Milk Choice  Chocolate Chip Oatmeal Bar Fruit Choice Milk Choice  21 Cocoa Chip Bar Fruit Choice Milk Choice  228 Chocolate Chip Oatmeal Bar	Assorted Milk:  Pruit Choice Milk Choice  Assorted Milk:  Assorted Milk:  Assorted Milk:  Assorted Milk:  Assorted Milk:  Mini Maple Pancakes Fruit Choice Milk Choice  Milk Choice  14  Chocolate Chip Oatmeal Bar Fruit Choice Milk Choice  Milk Choice  21  Cocoa Chip Bar Fruit Choice Milk Choice  Milk Choice  Apple Roll Fruit Choice Milk Choice  Milk Choice  Milk Choice  Apple Roll Fruit Choice Milk Choice  Cocoa Chip Bar Fruit Choice Milk Choice  Apple Roll Fruit Choice  Milk Choice  Apple Roll Fruit Choice  Apple Roll Fruit Choice	Assorted Milk:  - Apple Roll Fruit Choice Milk Choice  - Mini Blueberry Pancakes Fruit Choice Milk Choice  - Mini Maple Pancakes Fruit Choice Milk Choice  - Mini Maple Pancakes Fruit Choice Milk Choice  - Chocolate Chip Oatmeal Bar Fruit Choice Milk Choice  - Apple Roll Fruit Choice Milk Choice  - Mini Blueberry Pancakes Fruit Choice Milk Choice  - Mini Maple Pancakes Fruit Choice Milk Choice  - Mini Maple Pancakes Fruit Choice Milk Choice  - Mini Maple Pancakes Fruit Choice Milk Choice  - Mini Blueberry Pancakes Fruit Choice Fruit Choice - Mini Blueberry Pancakes Fruit Choice Fruit Choice - Mini Blueberry Pancakes Fruit Choice Fruit Choice - Mini Blueberry Pancakes Fruit Choice Fruit Choice - Mini Blueberry Pancakes Fruit Choice

#### Menu Subject to Change

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### March 2023

## Midland Innovation and Technology Charter School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Fruit: Cinnamon Applesauce Diced Peaches Diced Pears Sweet Red Grapes Tropical Pineapple Tidbits Red Delicious Apple Fresh Orange Citrusy Mandarin Oranges	Assorted Milk:     Fresh Baby Carrots     Fresh Cucumber Slices     Garden Side Salad     Roasted Chickpeas     Tomato Salad     Fresh Celery Sticks     Fresh Red and Green Peppers	<ul> <li>Macaroni and Cheese w/ Fresh Sliced Bread</li> <li>Stewed Tomatoes</li> <li>Fruit Choice</li> <li>Milk Choice</li> </ul>	<ul> <li>Meatball &amp; Mozzarella Hoagie</li> <li>Seasoned Steamed Green Beans</li> <li>Fruit Choice Milk Choice</li> </ul>	<ul> <li>Ham &amp; Cheese Wrap</li> <li>Seasoned Steamed Green Beans</li> <li>Fruit Choice Milk Choice</li> </ul>
<ul> <li>Cheesy Garlic Pull Apart Breadsticks</li> <li>Seasoned Steamed Mixed Vegetables</li> <li>Fruit Choice Milk Choice</li> </ul>	Sandwich	Spaghetti & Meatballs w/ Fresh Sliced Bread     Seasoned Steamed Broccoli Fruit Choice Milk Choice	Fresh Sliced Bread	<ul> <li>Corn Dog Nuggets</li> <li>Calico Baked Beans</li> <li>Fruit Choice</li> <li>Milk Choice</li> </ul>
<ul> <li>Chicken &amp; Cheese         Nachos w/Fresh Sliced         Bread</li> <li>Black Bean &amp; Corn Salad         Fruit Choice         Milk Choice</li> </ul>	<ul> <li>Grilled Cheese Sandwich</li> <li>Oven Roasted Carrots</li> <li>Fruit Choice</li> <li>Milk Choice</li> </ul>	Pasta w/Homemade Meat Sauce and Fresh Sliced Bread     Seasoned Steamed Peas Fruit Choice Milk Choice	<ul> <li>Grilled Hot Dog</li> <li>BBQ Bacon Baked Beans</li> <li>Fruit Choice</li> <li>Milk Choice</li> </ul>	Crispy Chicken Nuggets     w/ Fresh Sliced Bread     Seasoned Steamed     Broccoli Fruit Choice Milk Choice
<ul> <li>Pancakes &amp; Sausage         Patties</li> <li>Crispy Tater Tots</li> <li>Fruit Choice</li> <li>Milk Choice</li> </ul>	<ul> <li>Orange Kissed Chicken Bowl</li> <li>Seasoned Steamed Golder Corn</li> <li>Fruit Choice Milk Choice</li> </ul>	• Crispy Chicken Strips w/ Fresh Sliced Bread • Oven Roasted Carrots Fruit Choice Milk Choice	<ul> <li>Juicy Hamburger on a Bun</li> <li>Seasoned Steamed Broccoli</li> <li>Fruit Choice Milk Choice</li> </ul>	<ul> <li>Freshly Baked Italian         Dunkers</li> <li>Seasoned Steamed Mixed         Vegetables     </li> <li>Fruit Choice         Milk Choice</li> </ul>
<ul> <li>Crispy Chicken Nuggets         w/ Fresh Sliced Bread</li> <li>Calico Baked Beans</li> <li>Fruit Choice</li> <li>Milk Choice</li> </ul>	• Corn Dog Nuggets • Steamed Broccoli Fruit Choice Milk Choice	• Baked Penne w/ Bread • Seasoned Steamed Peas Fruit Choice Milk Choice	<ul> <li>Juicy Cheeseburger on a Bun</li> <li>Garden Side Salad</li> <li>Fruit Choice</li> <li>Milk Choice</li> </ul>	<ul> <li>Turkey Ham and Cheese Stuffer</li> <li>Oven Roasted Carrots</li> <li>Fruit Choice</li> <li>Milk choice</li> </ul>

#### Menu Subject to Change