

## **MARCH 2025**

PAL Charter Academy

March 3 - March 31

## Friday Monday **Tuesday** Wednesday **Thursday** BANANA BREAD BISCUIT, EGG & CHEESE WHOLE GRAIN CEREAL 3 **BUTTERED GRITS** SANDWICH FRESH FRUIT FRESH FRUIT FRESH FRUIT FRESH FRUIT FRUIT JUICE FRUIT JUICE FRUIT JUICE FRUIT JUICE ORGANIC LOW FAT MILK ORGANIC LOW FAT MILK ORGANIC LOW FAT MILK ORGANIC LOW FAT MILK SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE WHOLE GRAIN CEREAL SMOOTHIE BOWL 10 CINNAMON ROLL 12 WHOLE GRAIN CEREAL 3 FRESH FRUIT W/GRANOLA FRESH FRUIT FRESH FRUIT FRUIT JUICE FRUIT JUICE FRUIT JUICE FRUIT JUICE ORGANIC LOW FAT MILK ORGANIC LOW FAT MILK ORGANIC LOW FAT MILK ORGANIC LOW FAT MILK SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE BREAKFAST BOWL (potatoes, egg 20 YOGURT W/ FRUIT & GRAN L. & WHOLE GRAIN CEREAL 19 21 cheese) W/ BUTTERMILK BISCU FRESH FRUIT FRESH FRUIT WHOLE GRAIN CEREAL FRESH FRUIT FRESH FRUIT FRUIT JUICE FRUIT JUICE FRUIT JUICE FRUIT JUICE ORGANIC LOW FAT MILK ORGANIC LOW FAT MIL ORGANIC LOW FAT MILK ORGANIC LOW FAT MILK SOY/NUT MILK SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE SOY/NUT MILK ALTERNATIVE ALTERNATIVE 25 26 27 28 31

This Institution is an equal opportunity provider. All grains offered are Whole Grain Rich

(V)- Vegetarian (DF) - Dairy Free

Choice of Organic Low Fat Milk or Soy Milk is offered daily

Menu items are subject to change based on product availability