KEY POINT ACADEMY

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM Snack : Vanilla bread with milk Lunch: Bean and chicken stew, white rice, and plantains Vegetarian: Bean stew, white rice, and plantains Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Jello with berries	2 AM Snack : Egg frittata with potatoes and milk Lunch: Ground turkey with marinara, pasta, and steamed peas Vegetarian: Ground tofu in marinara sauce, pasta, and steamed peas Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Apple sauce	3 AM Snack : Breakfast sausage with mini toast Lunch: Ground chicken, roasted potatoes and green beans Vegetarian: White bean stew, potatoes, and green beans Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Banana and graham crackers
6 AM Snack: Milk and cereal Lunch: Chicken ropa vieja, arroz moro, with peppers and peas Vegetarian: Vegetable Ropa vieja with arroz moro, peppers and sweet peas Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Cheese and crackers	7 AM Snack: Milk, bagel w/ Cream Cheese Lunch: Ground turkey, corn rice and green beans Vegetarian: Ground lentils, corn rice and glazed carrots Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Berries and melon	8 AM Snack: Milk, pancakes with syrup Lunch: Vegetable marinara, pasta with white bean and peas on the side Vegetarian: Vegetable marinara, pasta, with white bean and peas Dessert: Fresh Cut Fruit Soup: Chicken Noodle soup PM Snack: Banana Pudding with Graham Crust	9 AM Snack: Milk, grilled cheese sandwich Lunch: Ground chicken, slider bun, home fries with corn and carrots Vegetarian: Ground chickpea patty, home fries, with corn and carrots Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Apple sauce with crackers	10 AM Snack: Milk, potato and egg frittata Lunch: Ground beef stew, with potatoes and carrots, and jasmine rice Vegetarian: Black bean stew with potatoes and carrots, and jasmine rice Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Bananas and graham cracker
13 AM Snack: Milk with cereal Lunch: Arroz con pollo with sweet roasted plantains Vegetarian: Vegetable rice with roasted sweet plantains Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Cheese and grapes	14 AM Snack: Milk, french toast with syrup Lunch: Turkey with gravy, mash potatoes, and diced zucchini Vegetarian: Roasted squash, mash potatoes, and diced zucchini Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Veggie straws	15 AM Snack: Biscuit with jam, and Milk Lunch: Mac and cheese, peas and white beans on the side and a garden salad Vegetarian: Mac and cheese, peas and white bean on the side and a garden salad Dessert: Fresh Cut Fruit Soup: Chicken soup PM Snack: Yogurt with berries	16 AM Snack: Milk, cheese quesadillas Lunch: Ground chicken, rice with gandules and steamed broccoli Vegetarian: Rice with gandules and steamed broccoli Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Peach puree with sweet crackers	17 AM Snack: Milk, scrambled eggs with potatoes Lunch: Beef fried rice with peas, peppers, and onions Vegetarian: Tofu fried rice, with peas, peppers, and onion Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Jello and Mango
20 No School Spring Break	21 No School Spring Break	22 No School Spring Break	23 No School Spring Break	24 No School Spring Break
27 No School Teacher Planning Day	28 AM Snack: Turkey sausage with toast and Milk Lunch: Ground chicken, white rice, with white beans Vegetarian: White beans with rice and diced carrots Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Yogurt with strawberry	29 AM Snac : Milk, cheese quesadillas Lunch: Chickpea stew, with macaroni pasta Vegetarian: Chickpea stew, with macaroni pasta Dessert: Fresh Cut Fruit Soup: Chicken noodle soup PM Snack: Tangerine	30 AM Snack: Bagel with cream cheese and milk Lunch: Turkey sancocho. with white rice and sweet plantain Vegetarian: Vegetable sancocho, white rice and sweet plantain Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Apple sauce	31 AM Snack: Eggs and potatoes with Milk Lunch: Chopped burger, home fries, bun and a garden salad Vegetarian: Vegetable patty, home fries, and a garden salad Dessert: Fresh Cut Fruit Soup: Chef's Choice PM Snack: Banana and honey crackers.

*Menus are subject to change from week to week based on food shortages and high demand.