



# ACS Spring Menu 2023

## Week 1

Sunday 3/12/23	Monday 3/13/23	Tuesday 3/14/23	Wednesday 3/15/23	Thursday 3/16/23	Friday 3/17/23	Saturday 3/18/23
Bagel Cream Cheese, Jelly Cold Cereal Fresh Fruit Assortment 100% Juice Milk <i>Alt Boiled Egg</i>	Apple Cinn Muffin Flat Warm Oatmeal Fresh Fruit Assortment Milk <i>Alt Yogurt</i>	English Muffin Scrambled Eggs Turkey Bacon Cheese Fresh Fruit Assortment Milk Jelly, Hot Sauce, Ketchup <i>Alt. Cornmeal Porridge</i>	WW French Toast Syrup Fruit Yogurt Fresh Fruit Assortment 100% Juice Milk <i>Alt. Cold Cereal</i>	WW Pancakes Veggie Sausage Patty Hot Sauce, Ketchup Cold Cereal Fresh Fruit Assortment Milk <i>Alt. Yogurt</i>	Cornmeal Porridge Fruit Yogurt Boiled Egg Fresh Fruit Assortment Milk <i>Alt: Cold Cereal</i>	Corn Muffin Flat Warm Oatmeal Fresh Fruit Assortment 100% Juice Milk <i>Alt Yogurt</i>
Chopped Cheese Hoagie/Sliced Bread Carrot Raisin Salad Fruit Assortment Animal crackers Milk <i>Alt: Chicken salad sandwich</i>	BBQ Ribs Yellow Rice Braised Kale Corn on the Cob Fresh Fruit Assortment Milk 100% Juice <i>Alt: Vegetarian Beans</i> <i>Alt: BBQ Chicken</i>	Turkey Tacos Hard Taco Shells Ground Turkey Shredded lettuce Pico de Gallo Rice Shredded cheese Fresh Fruit assortment Milk <i>Alt: Bean Tacos</i>	Grilled Cheese Sandwich Soup: Tomato or Chicken Noodle Tossed Salad Salad Dressing Yogurt Fresh Fruit assortment Milk <i>Alt: Egg Salad Sandwich</i>	Pepper Steak Mashed Potato Sautéed cabbage w/ mixed vegetables Fresh Fruit assortment Milk 100% Juice <i>Alt: Diced chicken with onions/peppers</i> <i>Alt: Vegetarian Chili</i>	Oven Fried Tilapia Whole Grain Roll Sweet Potato Fries Spinach Berry Salad Mayo/Ketchup Fresh Fruit Assortment Ice cream Milk <i>Alt: Oven Fried Chicken Cutlet</i>	Curried Chicken Patties Sliced Bread Corn on the cob Garden Salad Salad Dressing Fresh Fruit Assortment Milk <i>Alt : Vegetable Patties</i>
Roasted Chicken Breast Rice Baked Sweet Plantain Green Beans Fruit Assortment <i>Alt: White Bean Stew</i>	Lemon Tilapia Roasted Potato Steamed Broccoli Fresh Fruit Assortment Ice Cream <i>Alt: Lemon Chicken</i>	Oven Fried Chicken Leg Macaroni & Cheese Roasted Carrots Fresh Fruit Assortment 100% Juice <i>Alt: Beef Strips</i>	Chicken Parmesan Penne Pasta Marinara Sauce Peas and carrots Cucumber salad Fresh Fruit Assortment <i>Alt Pasta Primavera</i>	Chana Masala Seasoned Rice Baked Tortilla Chips Roasted cauliflower Fruit assortment <i>Alt: Chicken Masala</i>	Spaghetti & Meat Sauce Parmesan Garlic Bread Stir-fry Vegetables Fresh Fruit Assortment 100% Juice <i>Alt: Spaghetti w/ Ricotta &amp; Spinach</i>	Stewed Chicken Leg White Rice Biscuit Roasted zucchini Fruit Assortment <i>Alt: Baked Beans</i>
Graham crackers Peanut Butter Milk	Fruit cup Cheese stick Popcorn	Chips Fruit	Crackers Popcorn Fruit	Turkey Sandwich Milk Cookies	Chips Yogurt Fruit	Popcorn Cookies Fruit Twist

Meal Alternatives: Breakfast (Cold Cereal, Milk, Fruit); Lunch/Dinner (Peanut Butter & Jelly; Turkey & Cheese)  
Menus are subject to change  
Our menus are pork free

# ACS Spring Menu 2023

## Week 2

Sunday 3/19/23	Monday 3/20/23	Tuesday 3/21/23	Wednesday 3/22/23	Thursday 3/23/23	Friday 3/24/23	Saturday 3/25/23
Whole Wheat Waffle Syrup Turkey Bacon Fruit Assortment Milk 100% Juice <i>Alt Cold Cereal</i>	Cinnamon Oatmeal Boiled Egg Whole Wheat Toast Fresh Fruit Assortment Milk <i>Alt. Yogurt</i>	Home Fries Scrambled Eggs w/ veg- gies and cheese Ketchup, Hot Sauce Fresh Fruit Assortment Milk <i>Alt. Cold Cereal</i> <i>Alt: Scrambled Eggs no cheese</i>	Banana Oat Pancakes Veggie Breakfast Patty Condiments Fresh Fruit Assortment Milk 100% Juice <i>Alt Cold Cereal</i>	WW French Toast Syrup Fruit Yogurt Fresh Fruit Assortment Milk <i>Alt. Cornmeal Porridge</i>	Biscuit Scrambled Eggs Ketchup, hot sauce Cold Cereal Fruit Milk <i>Alt: Oatmeal</i>	Bagel Cream Cheese, Jelly Cold Cereal Fresh Fruit Assort- ment Milk 100% Juice <i>Alt Yogurt</i>
Philly Cheese Steak Garden Salad Salad Dressing Chips Fresh Fruit Assort- ment Milk <i>Alt: Turkey Melt</i>	Plant Based Burger Sliced Bread Sliced Cheese Baked Fries Tomato and Lettuce Condiments Fresh Fruit Salad 100% Juice Milk <i>Alt: Egg Salad Sand- wich</i>	Meatball Hero/Sub Hoagie Rolls Turkey meatballs Marinara Sauce Shredded Cheese Tossed Salad Fresh Fruit Assortment Milk <i>Alt: Turkey and Cheese Hero/Sub</i>	Chicken Quesadilla Black Bean and Corn Salsa Oatmeal Raisin Cookie Milk Fresh Fruit Assortment <i>Alt: Cheese Quesadilla</i>	Cajun Tilapia Mac & Cheese Sautéed collard greens Fresh Fruit Assortment Milk 100% Juice <i>Alt Herb Roast Chicken Breast</i>	Grilled Cheese Sand- wich Soup: Tomato or Chick- en Noodle Tossed Salad Salad Dressing Chips Fresh Fruit assortment Milk 100% Juice <i>Alt: Chicken Salad Sand- wich</i>	Chicken Patties Rice and Peas Corn on the cob Sautéed cabbage Fresh Fruit Assort- ment Milk <i>Alt Vegetable Patties</i>
Baked Ziti (Turkey) Broccoli Florets Garlic Bread Fresh Fruit Assort- ment <i>Alt: Vegetable Pasta</i>	Oven Fried Tilapia Mashed Potato Sautéed Cabbage with Mixed Veg Fresh Fruit Assortment <i>Alt Oven Fried Chicken Breast</i>	Honey BBQ Chicken Leg Rice & Beans Potato Salad Steamed Spinach 100% Juice Fresh Fruit Assortment <i>Alt: Beef Strips</i>	Oxtails Rice Coleslaw Fresh Fruit Assortment <i>Alt: White Bean Stew</i>	Hearty Turkey Chili Shredded Cheese Rice Cornbread Roasted Broccoli and Cauliflower Fresh Fruit Assortment <i>Alt: Vegetarian Chili</i>	Beef Cubes Wide Noodles Garlic Bread Mixed Vegetables Fresh Fruit salad 100% Juice <i>Alt: Sancocho Soup</i>	Teriyaki Chicken Fried Rice Steamed Broccoli Fresh Fruit Assort- ment <i>Alt Red Beans</i>
Graham crackers Peanut Butter Milk	Fruit cup Cheese stick Popcorn	Turkey Sandwich Fruit Cup Water	Chips Yogurt Fruit Salad	Cookies Milk Cereal	Fruit Yogurt	Popcorn Chips



# ACS Spring Menu 2023

## Week 3

Sunday 3/26/23	Monday 3/27/23	Tuesday 3/28/23	Wednesday 3/29/23	Thursday 3/30/23	Friday 3/31/23	Saturday 4/1/23
Biscuit Veggie Breakfast Pattie 100% Juice Condiments Fresh Fruit Assortment Milk <i>Alt: Cold Cereal</i>	Apple Cinnamon Oatmeal Waffles Boiled Egg Fresh Fruit Assortment Milk <i>Alt: Cold Cereal</i>	English Muffin Spinach Frittata Hot Sauce, Ketchup Fresh Fruit Assortment Milk <i>Alt: Yogurt</i> <i>Alt: Boiled Egg</i>	WW French Toast Syrup Turkey Bacon Fresh Fruit Assortment Fruit Yogurt Milk 100% Juice <i>Alt: Cornmeal porridge</i>	Home Fries Scrambled Eggs Ketchup, Hot Sauce Cold Cereal Fresh Fruit Assortment Milk <i>Alt: Oatmeal</i>	Bagel Cream Cheese, Jelly Oatmeal Fresh Fruit Assortment Milk <i>Alt: Yogurt</i>	Apple Cinn Muffin Flat Fruit Yogurt Fresh Fruit Assortment 100% Juice Milk <i>Alt: Boiled Egg</i>
Cheeseburger Sliced Bread Pasta Salad Lettuce and Tomato Corn on the Cob Fresh Fruit Assortment Milk <i>Alt: Chicken BLT</i>	Plant Based Hot Dog Hoagie Roll/ Sliced Bread Sweet Potato Fries Lettuce and Tomato Fresh Fruit Assortment Condiments Milk 100% Juice <i>Alt: Egg Salad Sandwich</i>	Chicken Tacos Diced chicken Shredded Lettuce Diced Tomato Rice Pinto Beans Shredded cheese Fresh Fruit Assortment <i>Alt: Beef Tacos</i>	Grilled Cheese Sandwich Soup: Tomato or Chicken Noodle Yogurt Garden Salad Salad Dressing Fruit Milk <i>Alt: Turkey/Cheese Sandwich</i>	Vegetable Lasagna Dinner Roll Strawberry Garden Salad Fresh fruit assortment Milk 100% Juice <i>Alt: Arroz con pollo</i>	Honey Mustard Chicken Wrap Chicken Strips Tortilla Wrap Rice Corn Salad Milk Fresh Fruit Assortment <i>Alt: White Beans</i>	Chicken Patties Sliced Bread Coleslaw Fresh Fruit Assortment Milk <i>Alt: Chicken salad sandwich</i>
Meatless Baked Ziti Garlic Bread Steamed Broccoli Fresh Fruit Assortment <i>Alt: Vegetable LoMein</i>	Lemon Tilapia Spinach Rice Roast Zucchini & Carrot Fresh Fruit Assortment <i>Alt: Lemon Chicken Breast</i>	Braised Ribs Mac & Cheese Collard Greens Fresh Fruit Assortment 100% Juice <i>Alt: Herb Roast Chicken Breast</i>	Herbed Grilled Chicken Jollof Rice Sautéed Spinach and Tomato Fresh Fruit Assortment <i>Alt: Red Beans</i>	Oven Fried Tilapia Whole Grain Roll Oven Baked Fries Green Beans Ice cream Hot Sauce/ Mayo/Ketchup Fresh Fruit Assortment <i>Alt: Oven Fried Chicken Cutlet</i>	Baked Potato Bar Baked Potato Turkey & Bean Chili Steamed Broccoli Shredded Cheese Sour Cream Turkey Bacon Fresh Fruit Assortment 100% Juice <i>Alt: Bean Chili</i>	BBQ Chicken Leg Rice and Peas Baked Sweet Plantain Sautéed Cabbage Fresh Fruit Assortment <i>Alt: Coconut Chickpeas</i>
Graham crackers Peanut Butter Milk	Fruit cup Cheese Stick Popcorn	Chips Yogurt Fruit	Crackers Peanut butter Fruit cup	Popcorn Fruit Twist	Cookies Milk Cereal	Popcorn Chips

Meal Alternatives: Breakfast (Cold Cereal, Milk, Fruit); Lunch/Dinner (Peanut Butter & Jelly; Turkey & Cheese)  
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# ACS Spring Menu 2023

## Week 4

Sunday 4/2/23	Monday 4/3/23	Tuesday 4/4/23	Wednesday 4/5/23	Thursday 4/6/23	Friday 4/7/23	Saturday 4/8/23
Cornmeal Porridge Waffles Fresh Fruit Assortment 100% Juice Milk <i>Alt Boiled Egg</i>	Corn Muffin flat Oatmeal Yogurt Fresh Fruit Assortment Milk <i>Alt. Yogurt</i>	Home Fries Scrambled Egg Turkey Bacon Ketchup, Hot Sauce, syrup Fresh Fruit Assortment Milk <i>Alt. Oatmeal</i>	Orange Oat Pancakes Veggie Breakfast Patty Syrup Fresh Fruit Assortment 100% Juice Milk <i>Alt Cold Cereal</i>	Apple Cinn. Muffin Flat Boiled Egg Jelly, Hot Sauce, Ketch- up Cold Cereal Fresh Fruit Assortment Milk <i>Alt. Yogurt</i>	Bacon Egg and Cheese Breakfast Sandwich on Bagel Yogurt Fresh Fruit Assortment Milk <i>Alt Oatmeal</i>	Waffle Syrup Turkey Bacon Fresh Fruit Assort- ment 100% Juice Milk <i>Alt. Oatmeal</i>
Chicken BLT Sandwich on Roll Sweet Potato Fries Garden Salad Salad Dressing Fresh Fruit Assortment <i>Alt Grilled Cheese Sand- wich</i>	Franks and Beans Veggie Hot dogs Beans Steamed Rice Garlic Bread Mixed Vegetables Fresh Fruit Salad Milk <i>Alt: Curried Chicken</i>	Stewed Chicken Leg Spanish Rice Zucchini and corn Fresh Fruit Assortment Milk <i>Alt Coconut Chickpeas</i>	Oxtails Mac and Cheese Sautéed Cabbage w/ Mix Veg Fresh Fruit Assortment <i>Alt White Bean Stew</i> <i>Alt: BBQ Chicken</i>	Veggie Burger Sliced Bread Sweet Potato Wedges Fresh Fruit 100% Juice Condiments Milk <i>Alt: Egg Salad Sandwich</i>	Crispy BBQ Chicken Cutlet Sandwich Garlic String Beans Potato Salad Milk Fresh Fruit Assortment <i>Alt: Turkey/Cheese Sand- wich</i>	Grilled Cheese Sand- wich Soup: Tomato or Chicken Noodle Garden Salad Fresh Fruit Chips Milk <i>Alt: Turkey Melt</i>
Beef Strips Wide Noodles Baked Sweet Plantains Cauliflower and Broccoli Fresh Fruit Assortment 100% Juice <i>Alt Black Eyed Peas</i>	Teriyaki Tilapia Rice Braised Kale Fresh Fruit Assortment <i>Alt: Honey Teriyaki Chick- en Cutlet</i>	Meat Lovers Pizza Caesar Salad Fresh Fruit Assortment Milk 100% Juice <i>Alt: Cheese Pizza</i> <i>Alt: Baked macaroni and cheese</i>	Chicken Fajitas Chicken Strips Soft Tortilla Shells Rice Beans Sautéed peppers/onions Corn Shredded cheese <i>Alt: Steak Fajitas</i>	Beef Meatloaf Gravy Mashed Potato Sautéed Collard Greens Fresh Fruit Assortment <i>Alt: Baked Beans</i>	Lemon Tilapia Pasta Steamed Broccoli Fresh Fruit Assortment Ice Cream <i>Alt: Lemon Chicken</i>	Oven Fried Chicken Breast Arroz con Grandules Spinach Salad Vinaigrette Dressing Fresh Fruit Assort- ment <i>Alt: Sweet Potato Gum- bo</i>
Graham crackers Peanut Butter Milk	Fruit Cup Cheese stick Popcorn	Fruit Yogurt	Popcorn Fruit Twist	PBJ Sandwich Chips Water	Cookies Milk Cereal	Chips Yogurt Fruit

Meal Alternatives: Breakfast (Cold Cereal, Milk, Fruit); Lunch/Dinner (Peanut Butter & Jelly; Turkey & Cheese)

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