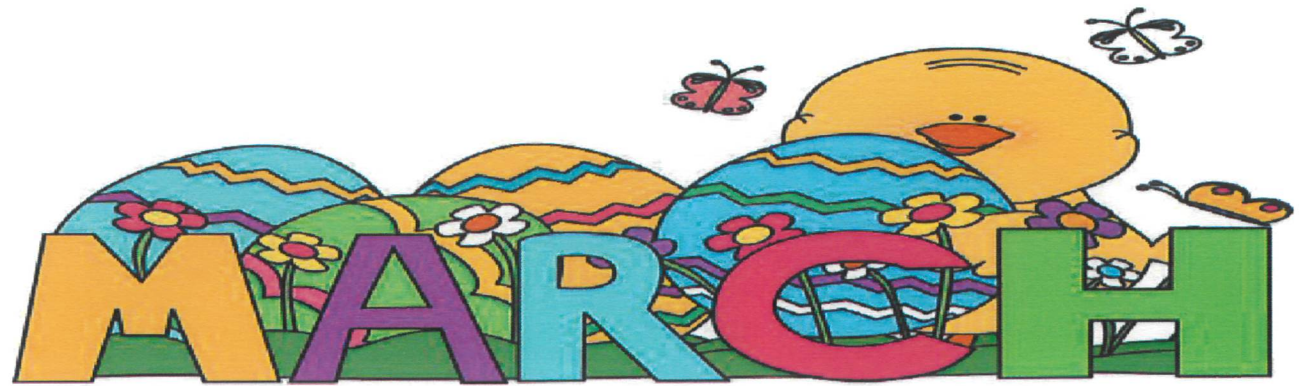


Monday	Tuesday	Wednesday	Thursday	Nutrients
4 Buttery Maple Waffles Strawberry Cup Fresh Apple Milk Skim Milk	5 Breakfast Pizza Orange Juice Fresh Apple Milk Skim Milk	6 Banana Muffin String Cheese Blueberries Fresh Apple Milk/Skim Milk	7 No School PK-5	Cal 499 T.Fat 10.14 G S.Fat 4.3 G Chol 44.0 Mg Sodm 556.99 Mg
11 Breakfast Wrap Applesauce Cup Fresh Apple Milk Skim Milk	12 Apple Frudel Strawberry Craisins Fresh Apple Milk Skim Milk	13 Sausage/Egg Bite Peach Cup Fresh Apple Milk Skim Milk	14 Blueberry Muffin Top Straw-Mango Sidekick Fresh Apple Milk Skim Milk	Cal 504 T.Fat 9.59 G S.Fat 3.1 G Chol 45.9 Mg Sodm 513.25 Mg
18	19	20	21	
25 Mini Bagel/Cream Cheese Craisins Fresh Apple Milk Skim Milk	26 Pancakes Grilled Egg Patty Peach Cup Fresh Apple Milk/Skim Milk	27 Blueberry Muffin String Cheese Applesauce Cup Fresh Apple Milk/Skim Milk	28 Cinnamon Crumble Orange Juice Fresh Apple Milk Skim Milk	Cal 578 T.Fat 11.88 G S.Fat 3.7 G Chol 64.1 Mg Sodm 585.57 Mg
National School Breakfast Week March 4-8				



This institution is an equal opportunity provider.

Cortez Schools
Lunch Menu/2023-2024
Menu subject to change due to
availability and seasonality.



HAPPY
St. Patrick's
DAY!



Monday	Tuesday	Wednesday	Thursday	Nutrients
4 Country Fried Steak Whipped Potatoes/Gravy Whole Wheat Roll Assorted Fruit/Veggie Milk Skim Milk	5 Chicken & Noodles Bread Stick Assorted Fruit/Veggie Milk Skim Milk	6 Hot Dog/Bun Catsup Mustard Assorted Fruit/Veggie Milk Skim Milk	7 No School PK-5	Cal 1607 T.Fat 37.50 G S.Fat 9.0 G Chol 73.5 Mg Sodm 2367.49 Mg
11 Sloppy Joe Assorted Fruit/Veggie Milk Skim Milk	12 Corn Dog Catsup Mustard Assorted Fruit/Veggie Milk Skim Milk	13 Chicken Drumsticks Biscuit Assorted Fruit/Veggie Milk Skim Milk	14 Cheese Pizza Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1597 T.Fat 38.35 G S.Fat 12.1 G Chol 94.9 Mg Sodm 2124.40 Mg
18	19	20	21	
25 Burrito Salsa Assorted Fruit/Veggie Milk Skim Milk	26 Pizzaboli Assorted Fruit/Veggie Milk Skim Milk	27 Chicken Taco Spanish Rice Assorted Fruit/Veggie Milk Skim Milk	28 P.B. & Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1486 T.Fat 34.05 G S.Fat 10.8 G Chol 70.2 Mg Sodm 1990.11 Mg
				This institution is an equal opportunity provider.



Time to
Spring Ahead

March 10