



# March 2024

## Auburndale School District Breakfast menu



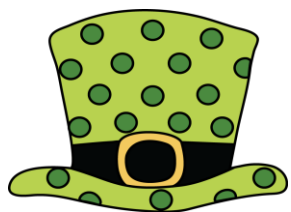
Apples give you  
more energy than  
coffee

If you're ever a little low on energy during the afternoon, then consider munching into an apple instead of drinking a cup of coffee. Thanks to its high carbohydrate, fiber, vitamin C and mineral content, eating apples are the perfect (and healthy) option to help you stay energized all day.

Monday	Tuesday	Wednesday	Thursday	Friday
				1  <b>No School</b>
4 Apple cinnamon muffin, cheese, juice, applesauce & milk	5 Orange smoothie, diced pears, snack crackers & milk	6 Donut holes, applesauce, juice & milk	7 Raspberry & yogurt parfait, granola, juice & milk	8 Grab -n- Go, raisins & milk
11 Blueberry muffin, cheese, juice, applesauce & milk	12 Berry Bliss smoothie, diced pears, snack crackers & milk	13 Mini French Toast, applesauce, juice & milk	14 Blueberry & yogurt parfait, granola, juice & milk	15 Grab -n- Go, raisins & milk
18 Banana muffin, cheese, juice, applesauce & milk	19 Cran/Grape smoothie, diced pears, snack crackers & milk	20 Maple flavored waffle, applesauce, juice & milk	21 Strawberry & yogurt parfait, granola, juice & milk	22 Grab -n- Go, raisins & milk
25 Chocolate chip muffin, cheese, juice, applesauce & milk	26 Orange smoothie, diced pears, snack crackers & milk	27 Pancake & Sausage on a stick, applesauce, juice & milk	28  <b>No School</b>	29  <b>No School</b>



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## Auburndale School District Lunch menu



Cucumbers have many uses

To prevent your bathroom mirrors from fogging up after a hot shower, rub a cucumber slice along the mirror. It will eliminate the mist and provide a soothing, spa-like fragrance. If you write something in pen and make a mistake, the outside waxy coating of the cucumber can also be used to erase pen writing! Fun fact: did you know that cucumbers are 96% water?

Monday	Tuesday	Wednesday	Thursday	Friday
				1  <b>No School</b>
4 Chicken nuggets, confetti rice, baked beans, fruit, veggies & milk	5 Soft shell taco, Mexicali corn, banana bread, fruit, taco bar & milk	6 Wild Mike's pepperoni pizza, carrot coins, fruit, veggies & milk	7 Twisted Chicken Alfredo, garlic bread stick, steamed broccoli, fruit, salad bar & milk	8 Pancakes, hash browns, egg patty, fruit, salad bar & milk
11 Chili Cheese Frito's, dinner roll, carrot coins, fruit, salad bar & milk	12 Meatball sub, mozzarella cheese, cole slaw, corn, fruit,	13 Breaded chicken patty on a bun, baked beans, fruit, salad bar & milk	14 Beef vegetable soup, corn bread, crackers, string cheese, fruit, veggies & milk	15 Pizza Dippers, pasta salad, steamed broccoli, fruit, salad bar & milk
18 Sausage, Egg & Cheese Bagel, tater tots, fruit, veggies & milk	19 Grilled chicken on a bun, mac salad, carrot coins, fruit, salad bar & milk	20 Spaghetti w/ meat sauce, shredded cheese, bread stick, green beans, fruit, salad bar & milk	21 Popcorn Chicken Bowl, corn, fruit, veggies & milk	22 Fish sandwich, cole slaw, steamed broccoli, fruit, salad bar & milk
25 Hamburger on a bun, potato emoji's, sliced cheese, fruit, salad bar & milk	26 Taco soup, tortilla chips, apple filled churro, fruit, veggies & milk	27 Chicken Pot Pie w/ biscuit, baked beans, Go Gurt, fruit, veggies & milk	28  <b>No School</b>	29  <b>No School</b>

Extra Fruit, Grain or Protein options provided to the High School students daily

*This institution and the USDA are equal opportunity providers.*

Menus are subject to change.

