



GREENS & GRAINS

All entrees are served with a variety of fresh fruits, vegetables and milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Mar 2 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 3 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 4 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 5 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 6 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Chicken Pesto Flatbread
Mar 9 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 10 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 11 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Energy Bowl	Mar 12 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 13 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait BBQ Chicken Flatbread
Mar 16 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 17 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 18 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 19 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 20 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Chicken Pesto Flatbread
Spring Break Mar 23	Spring Break Mar 24	Spring Break Mar 25	Spring Break Mar 26	Spring Break Mar 27
Mar 30 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Mar 31 Taco Salad Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 1 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait Energy Bowl	Apr 2 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait	Apr 3 Build your own Salad Build your own Sandwich Fruit n' Yogurt Parfait BBQ Chicken Flatbread

DID YOU KNOW?

Your meal eligibility expires Sept 15. You MUST fill out a new application every school year.

Apply on line for Free/Red Meals at <https://fridley.sdms2.com>, print app from website or go to your school office.

Menu subject to change. USDA is an equal opportunity employer.

