



MARCH 2021

Capital Area School for the Arts Charter School

Monday

1

Hot: Turkey Hot Dog
Cold: Crispy Popcorn Chicken Wrap
Veg: Broccoli
Fruit: Apple / Pears
Milk

Tuesday

2

Hot: Grilled Cheeseburger
Cold: Ham & Cheese Sandwich
Veg: Baked Beans
Fruit: Plum / Applesauce
Milk

Wednesday

3

Virtual Learning for All Students

Thursday

4

Hot: Spaghetti w/ Meat Sauce & Roll
Cold: Chicken Caesar Salad
Veg: Green Beans
Fruit: Apple / Pineapple Tidbits
Milk

Friday

5

Hot: Spicy Chicken Patty Sandwich
Cold: Italian Wrap
Veg: Baby Carrots
Fruit: Orange / Diced Pears
Milk

8

Hot: Grilled Cheese Sandwich
Cold: Turkey & Cheese Wrap
Veg: Baby Carrots
Fruit: Orange / Apple
Milk

9

Hot: Popcorn Chicken w/ Roll
Cold: Ham & Cheese Sandwich
Veg: Broccoli
Fruit: Apple / Orange
Milk

10

Virtual Learning for All Students

11

Hot: Mini Corn Dogs
Cold: Ham & Cheese Salad
Veg: Celery / Tomatoes
Fruit: Mandarin Oranges
Milk

12

Hot: Chicken Tenders w/ Roll
Cold: Turkey & Cheese Sub
Veg: Chilled Corn
Fruit: Pear / Applesauce
Milk

15

School Closed

16

Hot: Grilled Ham & Cheese Sandwich
Cold: Turkey Sub
Veg: Baby Carrots
Fruit: Applesauce / Pear
Milk

17

Hot: Grilled Cheeseburger
Cold: Chef Salad w/ Roll
Veg: Broccoli
Fruit: Orange / Peaches
Milk

18

Hot: Chicken Corn Dog
Cold: Turkey & Cheese Sandwich
Veg: Celery
Fruit: Apple / Mixed Fruit Cup
Milk

19

Hot: Chicken Nuggets w/ Roll
Cold: Ham & Cheese Wrap
Veg: Baked Beans
Fruit: Apple / Orange
Milk

22

Hot: Grilled Cheese Sandwich
Cold: Turkey & Cheese Sub
Veg: Cucumber Slices
Fruit: Orange / Diced Peaches
Milk

23

Hot: Grilled Cheeseburger
Cold: Ham & Cheese Sandwich
Veg: Baked Beans
Fruit: Plum / Applesauce Cup
Milk

24

Virtual Learning for All Students

25

Hot: Spaghetti w/ Meat Sauce & Roll
Cold: Chicken Caesar Salad
Veg: Green Beans
Fruit: Apple / Pineapple Tidbits
Milk

26

Hot: Spicy Chicken Patty Sandwich
Cold: Italian Wrap
Veg: Baby Carrots
Fruit: Orange / Diced Pears
Milk

29

Hot: Grilled Cheese Sandwich
Cold: Turkey & Cheese Wrap
Veg: Baby Carrots
Fruit: Orange / Apple
Milk

30

Hot: Popcorn Chicken w/ Roll
Cold: Ham & Cheese Sandwich
Veg: Broccoli
Fruit: Orange / Apple
Milk

31

School Closed

