



# MARCH | 2019

## Elementary Lunch

### Lunch Prices:

Regular- \$ 2.85  
 Reduced- \$0.40  
 Adult- \$3.50  
 Milk (a la carte)- \$0.50

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25

<sup>v</sup> = Vegetarian Item  
<sup>p</sup> = Contains Pork

26

French Toast Sticks<sup>v</sup> w/  
 Sausage Patty & Syrup  
 Hash Brown Stars  
 Assorted Fruit  
 Fresh Veggies  
 Milk

27

Spaghetti w/ Meatballs  
 Garlic Toast  
 Green Beans  
 Assorted Fruit  
 Fresh Veggies  
 Milk

28

Soft Beef Tacos w/ Lettuce &  
 Cheese  
 Sweet Corn  
 Assorted Fruit  
 Fresh Veggies  
 Milk

1

Cheese Pizza Crunchers<sup>v</sup>  
 Steamed Crinkle Carrots  
 Assorted Fruit  
 Fresh Veggies  
 Milk

4

Popcorn Chicken w/  
 Dinner Roll  
 Mashed Potatoes  
 Assorted Fruit  
 Fresh Veggies  
 Milk

5

Chicken Quesadilla  
 Salsa Dipping Cup  
 Sweet Corn  
 Assorted Fruit  
 Fresh Veggies  
 Milk

6

Home-style Macaroni &  
 Cheese<sup>v</sup>  
 Steamed Broccoli  
 Assorted Fruit  
 Fresh Veggies  
 Milk

7

Chili Cheese Nachos w/  
 Tostitos Chips  
 Black Beans  
 Assorted Fruit  
 Fresh Veggies  
 Milk

8

Mozzarella Cheese Sticks<sup>v</sup>  
 Marinara Dipping Cup  
 Steamed Mixed Veggies  
 Assorted Fruit  
 Fresh Veggies  
 Milk

11

Spring Break

12

Spring Break

13

Spring Break

14

Spring Break

15

Spring Break

18

Spring Break

19

Spring Break

20

Spring Break

21

Spring Break

22

Spring Break

25

*National Waffle Day!*  
 Chicken Bites & Dutch Waffle<sup>v</sup>  
 w/ Strawberry Topping  
 Sweet Potato Puffs  
 Assorted Fruit  
 Fresh Veggies  
 Milk

26

Corn Dog on a Stick w/  
 Dipping Sauce  
 Country Baked Beans<sup>p</sup>  
 Assorted Fruit  
 Fresh Veggies  
 Milk

27

Beef Teriyaki Dippers w/  
 Dinner Roll  
 Mashed Potatoes  
 Assorted Fruit  
 Fresh Veggies  
 Milk

28

Stuffed Crust Sausage Pizza<sup>p</sup>  
 Fresh Garden Salad  
 Assorted Fruit  
 Fresh Veggies  
 Milk

29

Crispy Fish Nuggets w/  
 Tartar Sauce  
 Ranch Wedge Fries  
 Assorted Fruit  
 Fresh Veggies  
 Milk

### Build a Meal

Choose 3-5 meal components to build a healthy, balanced meal:

1. Protein
2. Whole Grain
3. Vegetable
4. Fruit
5. Low-fat Milk

-One component *must* be at least a ½ c fruit and/or vegetable to make a meal.

-Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.

-All entrees include: Protein + Grain

-May choose only Milk + Veggie + Fruit

### Daily Alternative Choices

All alternative entrees come with choice of milk, fruit, and/or vegetable.

### Chef Salad (Everyday)

Leafy green lettuce topped with grape tomatoes, shredded cheddar cheese, and choice of eggs<sup>v</sup>, ham, or turkey. Choice of 1-2 grain sides.

### Grab & Go

M/W/F:

- Peanut-free Wowbutter & Jelly sandwich<sup>v</sup> (w/ 1-2 protein/grain sides)
- Low-fat yogurt<sup>v</sup> and/or reduced-fat string cheese<sup>v</sup> (w/ 1-2 grain sides)

T/TH:

- **NEW! Anytimers Lunch Kits (Compare to Lunchables): Pizza or Turkey & Cheese Crackers**

FREE water available for every student