

March 2019





Vegetarian Option

 **The Dining Room**

Student Name _____

Grade _____

LUNCH MENU

MON		TUE		WED		THU		1 FRI	
March is National Nutrition Month		 March 1st is Read Across America Day ~ Dr. Seuss' Birthday ~ (March 2 nd)		 START YOUR ENGINES! National School Breakfast Week ~ March 4-8, 2019		<input type="checkbox"/> Salad		<input type="checkbox"/> Salad Oven Fries  Baby Carrots w/Ranch Dressing WG Chicken Patty on WG Bun Strawberry Gelatin w/ Whipped Topping ~Read Across America Day~	
4 MON <input type="checkbox"/> Salad Seasoned Green Beans WG Cheese Lasagna Rollups Bosco Stick w/Marinara Sauce Chilled Peaches		5 TUE <input type="checkbox"/> Salad Asian Style Vegetables Steamed Rice New Orleans Chicken Chilled Mixed Fruit  ~Mardi Gras~		6 WED WG Cheese Pizza Garden Salad w/ Ranch Dressing Chilled Apricots		7 THU <input type="checkbox"/> Salad Minestrone Soup Turkey Sub on WG Hoagie Bread Chilled Orange		8 FRI <input type="checkbox"/> Salad Potato Smiles Baby Carrots w/Ranch Dressing WG Fish Sticks w/Tartar Sauce Chilled Apple	
11 MON <input type="checkbox"/> Salad Steamed Broccoli & Cauliflower Macaroni & Cheese WG Chicken Tenders Chilled Pears		12 TUE <input type="checkbox"/> Salad Turkey Chili WG Corn Muffin Chilled Apple		13 WED Hot Dog Bar Beef or Turkey on WW Bun w/Ketchup/Mustard/Sweet Pickle Relish /Diced Onions/ Banana Peppers Oven Fries Chilled Peaches		14 THU <input type="checkbox"/> Salad Peas & Carrots WG Popcorn Chicken w/BBQ Sauce WG Biscuit Chilled Apricots		15 FRI <input type="checkbox"/> Salad Waffle Fries Creamy Cole Slaw WG Pollock Patty w/Cheese on WG Bun w/Tartar Sauce Chilled Apple	
18 MON 19 TUE 20 WED 21 THU 22 FRI SPRING BREAK – SCHOOL CLOSED March 18 – 22, 2019 (Week 1)									
25 MON 26 TUE 27 WED 28 THU 29 FRI SPRING BREAK – SCHOOL CLOSED March 25 – March 29, 2019 (Week 2)									

"The USDA is an equal opportunity provider and employer."



March 2019

National School Breakfast Week

March 4 – 8, 2019

BREAKFAST & SNACK MENU

BREAKFAST

All Breakfasts include:
Fruit and/or 100% Fruit Juice
Low Fat Plain Milk, Fat-Free Chocolate Milk or Fat-Free Strawberry Milk

MON		TUE		WED		THU		FRI	
Egg & Cheese Omelet	2 oz	Assorted Whole Grain Cereals	1 oz	WG Pancakes w/100% Maple Syrup	1 oz 1 tbsp	WG Chicken Pattie	1.9 oz	WG Oatmeal w/Cinnamon & Maple Syrup	1 oz
WW Toast w/Butter	1 sl	100% Apple Juice	½ c	WG Sausage Pattie	1 oz	WG Biscuit	1 oz	Turkey Sausage Links	2 ea
Chilled Orange	1 ea	Raisins	1 pk	Chilled Strawberries	½ c	w/Strawberry Preserves	1 tbsp	100% Orange Juice	½ c
				Strawberry Smoothie	6 oz	Chilled Applesauce	½ c	Chilled Orange	½ ea
						Chilled Apple Slices	1 pkg		

SNACK

MON		TUE		WED		THU		FRI	
WG Rice Krispy Treats	(2-.5 oz)	WG Goldfish Vanilla Graham Crackers	1 oz	WG Chocolate Chip Cookies	1.22 oz	WG Lil' Graham Cracker Squares	1.06 oz	WG Pretzel Goldfish	.75 oz
Apple Slices (JK-2 nd)	2 oz	Strawberry Banana Yogurt	4 oz	Cheesestick	1 oz	Applesauce (JK-2 nd)	2 oz	Fruit Rollup	1 roll
Whole Apple (3 rd -6 th)	1 ea	Milk	8 oz	Milk	8 oz	Applesauce (3 rd - 6 th)	4 oz	100% Orange Juice (JK-K)	4 oz
100% Apple Juice (JK-K)	4 oz					Milk	8 oz	100% Orange Juice (1 st - 6 th)	6 oz
100% Apple Juice (1 st -6 th)	6 oz								

NATIONAL SCHOOL BREAKFAST WEEK

March 4 - 8

MON		TUE		WED		THU		FRI	
<i>Punch Card</i>		<i>Milk Challenge</i>		<i>Breakfast Cartoons</i>		<i>Trivia Challenge</i>		<i>Prize Day!</i>	
Egg & Cheese Omelet	2 oz	Assorted Whole Grain Cereals	1 oz	WG Pancakes w/100% Maple Syrup	1 oz 1 tbsp	WG Chicken Pattie	1.9 oz	WG Chicken & Waffle Nuggets	6 ea
WW Toast w/Butter	1 sl	100% Apple Juice	½ c	WG Sausage Pattie	1 oz	WG Biscuit	1 oz	w/100% Maple Syrup	2 tbsp
Chilled Orange	½ ea	Raisins	1 pk	Chilled Strawberries	½ c	w/Strawberry Preserves	1 tbsp	Chilled Applesauce	½ c
Strawberry Smoothie	6 oz			Strawberry Smoothie	6 oz	Chilled Applesauce	½ c	Strawberry Smoothie	6 oz
						Chilled Apple Slices	1 pkg		