

Lunch March 2019

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 NO SCHOOL	2
3	4 Super nachos, meat, breadstick, tortilla chips, refried beans, romaine lettuce, peach cup, milk; 2nd option: Turkey Sandwich	5 Roast pork or sloppy jo, whole grain bun, corn, french fries, chunky applesauce, milk; 2nd option: Ham sandwich	6 Grilled cheese, sunflower seeds, tomato soup, carrot and celery sticks, pears, milk; 2nd option: cheese sandwich	7 Crispito, string cheese, brown rice, roasted broccoli, pineapple, milk; 2nd option: sunbutter and jelly sandwich	8 Mac and cheese, fishsticks, peas, apples and oranges, milk; 2nd option: Tuna sandwich	9
10	11 Country sausage, sauerkraut, mashed potatoes, whole grain bun, beets, fruit cocktail, milk; 2nd option: Egg salad	12 Teriyaki chicken, brown rice, whole grain egg roll, roasted broccoli, pineapple, milk; 2nd option: Turkey sandwich	13 Lasagna or chicken pasta supreme, breadstick, green beans, cottage cheese, berry cup, milk; 2nd option: ham sandwich	14 Chili or white chicken chili with cheese, whole grain cinnamon roll, broccoli, cauliflower, pears, milk; 2nd option: Turkey	15 NO SCHOOL	16
17	18 Fajita, or taco whole grain tortilla, refried beans, romaine lettuce, peaches, milk; 2nd option: sunbutter and jelly sandwich	19 Breakfast for lunch: cheese omelet, pancakes, tator tots, tomato juice, mandarin oranges, milk; 2nd option: Tuna	20 Hamberger deluxe with cheese, whole grain bun, baked beans, lettuce, tomato, onion, pickle, apples and oranges, milk; 2nd option: Egg salad	21 Potato soup, whole grain turkey sandwich, goldfish crackers, carrot and celery sticks, peaches, milk; 2nd option: cheese	22 Cheese pizza, cinnamon grahams, spinach, peppers, pineapple, milk; 2nd option: Ham	23
24	25 Chicken strips, noodles with alfredo sauce, glazed carrots, pineapple, milk; 2nd option: Cheese	26 Spaghetti with meat sauce, garlic toast, green beans, peaches, milk; 2nd option: sunbutter and jelly	27 Meatball or ham sub sandwich, spinach, green peppers, whole grain chips, raisins or raisins, milk; 2nd option: Tuna	28 Grilled chicken breast, whole grain bun, baked beans, french fries, applesauce, milk 2nd option: Egg salad	29 Cheese sticks, glorified rice or macaroni salad, green beans, grapes, milk; 2nd option: Cooks choice	30
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