

March 2019

ELEMENTARY/MIDDLE LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

National Nutrition Month

The importance of making informed food choices and developing sound eating and physical activity habits.

www.eatright.org/resource/food/resources/national-month/toolkit

1 Cheese pizza Wedge
Turkey Pepperoni Stuffed
Crust Pizza
PB & J Sandwich
Carrot Sticks
Side Salad

Daily Available Lunch
Options

Milk Options:

1% White Milk, Fat Free
White Milk, Fat Free
Chocolate Milk, Fat Free
Strawberry Milk

Seasonal Fresh Fruit

Apples, oranges, pears and
bananas

All rolls, breads, and tortillas
are made with whole grain.

Menu is subject change.

Milk

Daily Condiment Offerings

Lunch Daily Available Nutritional

4 Hamburger on Bun
Double Stack Burger
PB & J Sandwich
Glazed Sweet Potatoes
Side Salad

5 Egg Patty
Chicken Sausage Patty
Blueberry Pancake (The
Max)
Tuna Salad
Saltine Crackers
Hummus Plate
Rosemary Garlic Potatoes
Side Salad

6 Zesty Italian Cold Cut Sub
PB & J Sandwich
Vegetarian Beans
Celery Sticks

7 Monte Cristo Sandwich
Tuna Salad
Hamburger Roll
Broccoli
Side Salad

8 Cheese Personal Pan Pizza
Turkey Pepperoni Personal
Pan Pizza
PB & J Sandwich
Carrot Sticks
Side Salad

11 Beef Hot Dog on WG Bun
PB & J Sandwich
Vegetarian Beans
Side Salad

12 Mandarin Orange Chicken
Brown Rice
Tuna Salad
Saltine Crackers
Broccoli
Side Salad

13 Chicken Broccoli Cavatappi
Deli Sandwich
Steamed Carrots
Side Salad

14 Cheese pizza Wedge
Turkey Pepperoni Stuffed
Crust Pizza
PB & J Sandwich
Carrot Sticks
Side Salad

15 PD DAY

Schools Closed

18 Fish Hoagie on
Hot Dog Roll
Deli Sandwich
Steamed Carrots
Side Salad

19 Breaded Chicken Patty
Sandwich
Tuna Salad
Saltine Crackers
Oven Fries
Side Salad

20 Swedish Meatballs
Brown Rice
PB & J Sandwich
Chopped Spinach
Side Salad

21 Chicken Cheese Steak
Tuna Salad
WG Hamburger Bun
Vegetarian Beans
Side Salad

22 Cheese Personal Pan Pizza
Pepperoni Pizza
Carrot Sticks
Side Salad

25 Breaded Cheese Sticks
Marinara Sauce Cup
Deli Sandwich
Steamed Carrots
Side Salad

26 Chicken Po Boy
Boom Boom Sauce
Tuna Salad
Saltine Crackers
Vegetarian Beans
Side Salad

27 Teriyaki Chicken
Brown Rice
PB & J Sandwich
Broccoli
Side Salad

28 Spiral Rotini w/Italian Meat
Sauce
Dinner Roll
Corn
Side Salad

29 Cheese pizza Wedge
Turkey Pepperoni Stuffed
Crust Pizza
PB & J Sandwich
Carrot Sticks
Side Salad