



Food Zone

Lunch

March

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
4 Baked Pasta Breadstick Hot Vegetable Choice of Fruit Choice of Milk	5 Pretzel & Cheese Baked Beans Choice of Fruit Choice of Milk	6 BBQ Riblette Baked Fries Hot Vegetable Choice of Fruit Choice of Milk	7 Popcorn Chicken Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	8 Round Pizza Choice of Vegetable Choice of Fruit Choice of Milk
11 BBQ Chicken Sandwich Tater Tots Choice of Fruit Choice of Milk	12 Taco Meat/Cheese Refried Beans Choice of Fruit Choice of Milk	13 Cheeseburger Baked Fries Choice of Fruit Choice of Milk	14 Chicken Nuggets Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	15 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
18 Lasagna Breadstick Hot Vegetable Choice of Fruit Choice of Milk	19 Fish Sandwich Potato Triangles Hot Vegetable Choice of Fruit Choice of Milk	20 Pancakes Syrup Sausage Choice of Fruit Choice of Milk	21 Popcorn Chicken Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	22 Round Pizza Choice of Vegetable Choice of Fruit Choice of Milk
25 Chili Pretzel Rods Choice of Fruit Choice of Milk	26 Open Faced Turkey Sandwich Mashed Potatoes Choice of Fruit Choice of Milk	27 Ham & Cheese Sandwich Chips Choice of Fruit Choice of Milk	28 <u>NO</u> <u>SCHOOL</u>	29 <u>NO</u> <u>SCHOOL</u>

WHAT MAKES A MEAL? You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. (1% White Fat Free, Chocolate, Fat Free White) A minimum of ½ cup serving of fruit or a minimum of a ½ cup vegetable **MUST** accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include: Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include: Oranges, Apples, Bananas, Pears, Peaches, , Strawberries, Applesauce, Pineapples, and Mandarin Oranges.

LEAVE YOUR LUNCH BOX AT HOME!!!! Daily Entrée Options May Include:

Large Chef Salad & Stuffed Deli Hoagie & Low Fat Yogurt & Smuckers PB&J