

March 2019

K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Popcorn Chicken Bowl
Menus Subject to Change				½ c Fresh Apple (15) ½ c Mashed Potatoes (10) ½ c Kernel Corn (4) 2 oz Popcorn Chicken [2MMA, 2OEG] (14) Topped with ¼ c Gravy Milk (12)
4 Corn Dog	5 Chicken Patty	6 Cheese Quesadilla	7 Fresh Chef Salad	8 Macaroni and Cheese
½ c Applesauce (15) ¾ c Baked Beans (34) WG Corn Dog [2MMA, 2OEG] (30) Ketchup (3)/ Mustard Milk (12)	4 oz 100% Juice (15) ¾ c Green Beans (7) 2 oz Chicken Patty [2MMA, 1OEG] on WG Bun [2OEG] (19) BBQ Packet (5) Milk (12)	½ c Banana (15) ¾ c Kernel Corn (12) WG Cheese Quesadilla [2MMA, 2OEG] (39) Taco Sauce Packet Milk (12)	4 oz 100% Juice (15) ½ c Baby Carrots (9) 1 c Romaine Lettuce 1 oz Shredded Cheese 1 oz Chicken Strips Italian Dressing (2) 1 oz Chocolate Chip Cookie [1OEG] (12) Milk (12)	½ c Fresh Apple (15) 1c Diced Carrots (10) 2 oz Homemade Cheese Sauce 1c Elbow Noodles [2OEG] (42) 1 oz Shredded Cheese Milk (12)
11 Turkey Ham Dinner	12 Chicken Nuggets	13 Spaghetti	14 Orange Chicken Stir Fry	15 Cheese Pizza
½ c Applesauce (15) ½ c Mashed Potatoes (10) ¼ c Kernel Corn (4) 2 oz Turkey Ham 1 oz Dinner Roll [1OEG] (13) Topped with Gravy Milk (12)	4 oz 100% Juice (15) ¾ c BBQ Beans (34) 5 WG Chicken Nuggets [2MMA, 1OEG] (34) BBQ Packet (5) Milk (12)	½ c Banana (15) ¾ c Green Beans (7) 1.5 oz Ground Beef 0.5oz Mozzarella Cheese over ½ c Spaghetti [1OEG] (40) ¼ c Marinara Sauce (7) 1oz Breadstick [1OEG] (13) Milk (12)	4 oz 100% Juice (15) ¾ c Broccoli (5) 1oz Chicken Strips with ¼ c Orange Sauce 1 c Stir Fry Rice [2MMA, 2OEG] (20) Milk (12)	½ c Fresh Apple (15) ¾ c Baby Carrots (15) WG Cheese Pizza [2MMA, 2OEG] (24) Ranch Packet Milk (12)
18 Hamburger	19 Chicken Burrito	20 Swedish Meatballs	21 Hot Dog	22 Breakfast Sandwich
½ c Applesauce (15) ¾ c Broccoli (7) 2 oz Beef Patty 2oz WG Bun [2OEG] (19) Ketchup (3)/ Mustard Milk (12)	4 oz 100% Juice (15) ¾ c Mexi Beans (34) 1.5oz Chicken Strips 0.5oz Shredded Cheddar 10" Tortilla [2 OEG] Taco Sauce Packet Milk (12)	½ c Banana (15) ¾ c Green Beans (7) 2 oz Meatballs with Swedish Gravy over 1c Rotini Noodles [2OEG] (123) Milk (12)	4 oz 100% Juice (15) ¾ c Diced Carrots (7) 2 oz Turkey Hot Dog 2oz WG Hot Dog Bun [2OEG] Ketchup (3)/ Mustard Milk (12)	½ c Fresh Apple (15) ¾ c Tater Tots (18) 1.5 oz Scrambled Egg Patty 0.5oz American Cheese 2oz English Muffin [2OEG] (24) Ketchup (3) Milk (12)
25 Pancakes & Sausage	26 Chicken Parmesan	27 Turkey Sandwich	28 Salisbury Steak	29 Double Stuffed Pizza
½ c Applesauce (15) ¾ c Tater Tots (18) 3 Pancakes [2OEG] (16) 2 oz Sausage Links Syrup Cup (31) Milk (12)	4 oz 100% Juice (15) ¾ c Baked Beans (34) 2 oz Chicken Patty [2MMA, 1OEG] (16) 0.5oz Mozzarella Cheese ¼ c Marinara Sauce (7) ½ c Pasta [1OEG] (41) Milk (12)	½ c Banana (15) 4 oz Vegetable Juice (15) 1.5 oz Turkey 0.5oz American Cheese 2 oz WG Bread [2 OEG] Mayo/ Ranch Milk (12)	4 oz 100% Juice (15) ¾ c Diced Carrots (7) 2 oz Homemade Salisbury Steak over 1c Egg Noodle [2OEG] (120) Topped With ¼ c Gravy Milk (12)	½ c Fresh Apple (15) ½ c Broccoli (4) WG Double Stuffed Pizza [2MMA, 2OEG] (30) ¼ c Marinara (7) Milk (12)



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