

# March 2019 Elementary Lunch Menu

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## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread,  
 and Choice of Milk  
 \*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily

- \*Vegetables include:**  
 Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Legume Salads  
 Celery & Cucumber  
 \*May choose two  
 1/2 cup servings
- \*Fruits include:**  
 Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce  
 \*May choose 1/2 cup serving








**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

1% Chocolate, 1% Strawberry, Fat Free Vanilla,  
 1% White and Fat Free White

**Lunch Prices:**  
 Paid \$2.35  
 Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</p>	<p><b>Fresh Produce from Local Farms</b>                      based on crop availability</p> 	<p><b>Whole Grains</b>                      Available Daily</p> 		<p>1                      Soft Taco with lettuce, cheese &amp; salsa or                      Pepperoni Pizza                      Steamed Carrots                      Assorted Fruit &amp; Milk Choice</p>
<p>4                      Breaded Chicken on bun                       Or                      Hot Ham &amp; Cheese on bun                      Oven Baked French Fries                      Assorted Fruit &amp; Milk Choice</p>	<p>5 <b>Brunch Lunch!</b>                      French Toast sticks with syrup and sausage patties or Peanut Free Wow Butter &amp; Jelly Sandwich                      Oven Baked Tater Tots                      Assorted Fruit &amp; Milk Choice</p>	<p>6 <b>Ash Wednesday!</b>                      Italian Dunkers w/sauce or                      Chicken Nuggets w/bread slice                      Glazed Carrots                      Assorted Fruit Choice      Milk</p>	<p>7                      Walking Taco with lettuce, cheese &amp; salsa or                      Hot Turkey &amp; Cheese on bun                      Romaine Salad                      Assorted Fruit &amp; Milk Choice</p>	<p>8                      Macaroni &amp; Cheese w/roll or                      BBQ Grilled Chicken on bun                      Steamed Peas                      Assorted Fruit &amp; Milk Choice  <b>Cookie for Dessert</b></p>
<p>11                      Chicken Strips w/bread slice                      Or                      BBQ Pulled Pork on bun                      Steamed Mixed Vegetables                      Assorted Fruit &amp; Milk Choice</p>	<p>12                      Brunch Lunch! Waffles with syrup and sausage patties or Sloppy Joe                      Oven Baked Tater Tots                      Assorted Fruit Choice</p>	<p>13                      Popcorn Chicken Bowl w/bread                      Or Cheeseburger                      Steamed Corn                      Assorted Fruit &amp; Milk Choice  <b>WW@ Hydetown</b> </p>	<p>14  <b>No School</b></p>	<p>15  <b>No School</b></p>
<p>18                      Fiestada Pizza                      Or                      Chicken Nuggets with bread                      Steamed Broccoli                      Assorted Fruit &amp; Milk Choice</p>	<p>19                      French Toast sticks with syrup and sausage patties or Deli Hoagie                      Oven Baked Tater Tots                      Assorted Fruit Choice                      Milk Choice </p>	<p>20 <b>First Day of Spring</b>                      Hot Dog on bun or                      Cheeseburger on bun                      Oven Baked French Fries                      Assorted Fruit &amp; Milk Choice  <b>Springy Jello Dessert</b></p>	<p>21                      Meatball Hoagie with cheese                      Or                      Pepperoni Pizza                       Glazed Carrots                      Assorted Fruit &amp; Milk Choice</p>	<p>22                      Fish Sticks w/bread slice                      Or                      Hot Turkey &amp; Cheese on bun                      Steamed Peas                      Assorted Fruit &amp; Milk Choice</p>
<p>25                      Chicken rings with bread slice                      Or                      Sloppy Joe on bun                       Steamed Mixed Vegetables                      Assorted Fruit &amp; Milk Choice</p>	<p>26 Brunch Lunch! Pancakes with syrup and sausage patties or Peanut Free Wow Butter &amp; Jelly Sandwich                      Oven Baked Tater Tots                      Assorted Fruit &amp; Milk Choice</p>	<p>27                      Popcorn Chicken Bowl w/bread                      Or                      BBQ Rib on bun                      Steamed Corn                      Assorted Fruit &amp; Milk Choice</p>	<p>28                      Sweet &amp; Sour Pork over Rice with bread slice or                      Grilled Chicken on bun                      Steamed Green beans                      Assorted Fruit &amp; Milk Choice</p>	<p>29                      Grilled Cheese w/soup                      Or                      Pepperoni Melt                      Steamed Mixed Vegetables                      Assorted Fruit &amp; Milk Choice</p>
<p><b>Monday</b>                      Chef Salad with roll and croutons or Nacho &amp; Cheese Munchable</p>	<p><b>Tuesday</b>                      Chef Salad with roll and croutons or Grilled Cheese Sandwich</p>	<p><b>Wednesday</b>                      Chef Salad with roll and croutons or Turkey &amp; Cheese Sandwich</p>	<p><b>Thursday</b>                      Chef Salad with roll and croutons or Chicken Nugget Munchable</p>	<p><b>Friday</b>                      Chef Salad with roll and croutons or Cheese Pizza</p>