

# MARCH 2019

## ELEMENTARY SCHOOL

**ALTERNATE MEALS AVAILABLE DAILY:**  
 Salad Plate with any 2 Proteins (1 oz. meat, 1 oz. cheese, or 4oz yogurt) or Grab n Go Yogurt, PB & J Sandwich, or Cold Cut Sandwich.  
 All meals include a fruit, vegetable, and choice of milk


### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Dr. Seuss Day** **1**  
 Scrambled Eggs & Ham  
 On a Bagel  
 Carrot Sticks  
 Strawberries  


**4**  
 Turkey Grinder with Lettuce & Cheese on a Soft Wheat Roll  
 Baked Sweet Potato Bites  
 Mixed 3-Bean Salad  
 Red Delicious Apple

**5**  
 Ultimate Breakfast Sandwich  
 Egg, Cheese, Sausage,  
 Hash Brown on a WG Bagel  
 Carrot Sticks w/hummus  
 Fruit Cocktail Cups

**6**  
 WG Chicken Drumsticks  
 Mashed Potatoes  
 Steamed Carrots  
 WG Dinner Roll  
 Celery Sticks  
 Fresh Orange

**7**  
 WG Pizza Bites  
 Marinara Sauce  
 Caesar Salad  
 Cucumber Cups  
 Applesauce

**8**  
**NO SCHOOL**

**BRUNCH FOR LUNCH** **11**  
 WG French Toast Sticks  
 Chicken Sausage Patty  
 Hash Brown  
 Carrot Sticks w/Hummus  
 Birthday cake Applesauce

**SOFT TACO'S** **12**  
 Beef or Chicken Taco's  
 W/lettuce, Tomatoes and Cheese  
 Spanish Rice  
 Broccoli Cups  
 Diced Peaches

**13**  
 Grilled Ham & Cheese Melt  
 Tomato Soup  
 Baked French Fries  
 Steamed Carrots  
 Cucumber Sticks  
 Pear

**14**  
 Mandarin Orange Chicken  
 Over Brown Rice  
 Whole Grain Breadstick  
 Steamed Broccoli  
 Celery Sticks with Ranch Dip  
 Mac Apple

**15**  
 French Bread Pizza  
 Caesar Salad  
 Grape Tomato Cups  
 Fresh Orange

**18**  
 Mozzarella Sticks  
 w/Marinara Sauce  
 Corn Muffin  
 Caesar Salad  
 Celery Cups w/Ranch dressing  
 Granny Smith Apple

**19**  
 General Tso Chicken  
 Over Brown Rice  
 Steamed Oriental Veggies  
 Grape Tomato Cups  
 Fruit Cocktail Cups

**20**  
 Hamburger on whole wheat bun  
 Baked Sweet Potato Tots  
 Steamed Green Beans  
 Cucumber Cups  
 Diced Peaches

**21**  
 WG Chicken Nuggets  
 Baked French Fries  
 Steamed Broccoli  
 WG Dinner Roll  
 Carrot Sticks  
 Fresh Apple Slices

**22**  
**Sal's Pizza**  
 Cheese or Pepperoni  
 Garden Toss Salad  
 Cauliflower Cups  
 Diced Pears

**25**  
 Philly Cheese Steak Sandwich  
 Baked French Fries  
 Roasted Cauliflower  
 Celery Sticks  
 Apple Slices

**26**  
 Super Cheesy Nachos  
 Over Seasoned Beef and Cheese  
 Shredded Lettuce, Tomato,  
 Salsa & WG Nacho Chips  
 Baby Carrot W/Hummus  
 Fresh Orange

**BRUNCH FOR LUNCH** **27**  
 WG French Toast Sticks  
 Chicken Sausage Patty  
 Hash Brown  
 Cucumber & Tomato Cups  
 Applesauce

**28**  
 Meatball Grinder  
 W/Marinara Sauce and Cheese  
 Baked Potato Wedges  
 Steamed Green Beans  
 Broccoli Cups  
 Diced Pears

**29**  
 Cheese or Pepperoni Pizza  
 Garden Toss Salad  
 Cucumber Cups  
 Fruit Cocktail

Full Price \$2.70  
 Reduce Price \$.40

\*This institution is an equal opportunity provider

Hummus Offered Daily  
 All Meals include a 1/2 cup of fruit and 3/4 cup of vegetables

Breakfast is @ 8:30 Stop by For Healthy Choices



Monday

Tuesday

Wednesday

Thursday

Friday



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