

March 2020

K-8 Hot Lunch



School Name Here



Nutrition tip: Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: www.medicalnewstoday.com

Monday

WG Breaded Chicken Fillet with BBQ
WG Cornbread
Baked Beans
Seasonal Fruit
Choice of Milk

2

Tuesday

Italian Meatsauce
Non-WG Pasta
Whole Grain Breadstick
Romaine Salad with Ranch
Seasonal Fruit
Choice of Milk

3

Wednesday

WG All-Natural Chicken
Corn Dog with Ketchup
Roasted Baby Baker Potatoes with Ketchup
Seasonal Fruit
Choice of Milk

4

Thursday

Harvest Chicken Salad on a Whole Grain Bun
Or Kid's Classic WG Chicken Nuggets with BBQ Sauce
WG Pretzel Goldfish
Baby Carrots with Ranch
Seasonal Fruit
Choice of Milk

5

Friday

Brunch for Lunch
NEW! Glazed French Toast (1) with Syrup
Chicken Breakfast Sausage
Sunset Sip Vegetable Juice
Seasonal Fruit
Choice of Milk

6

*Schools not serving meat during Lent will receive a Yogurt Cup in place of the Sausage.

NATIONAL MEATBALL DAY

Swedish Meatballs
Non-WG Pasta
Assorted Graham Cracker
Baby Carrots with Ranch
Seasonal Fruit
Choice of Milk

9

Philly Cheesesteak on a Whole Grain Bun with Mozzarella Cheese
Baked Beans
Seasonal Lunch Fruit
Choice of Milk

10

NATIONAL "EAT YOUR NOODLES" DAY

Macaroni and Cheese
Whole Grain Soft Pretzel Stick
Steamed Green Beans
Seasonal Lunch Fruit
Choice of Milk

11

Homemade Beef Lasagna
WG Dinner Roll with Margarine
Or Kid's Classic WG Breaded Chicken Patty Sandwich on a Whole Grain Bun with Mayo

12

Steamed Corn
Seasonal Fruit
Choice of Milk

WG Cheese Pizza Sticks with Marinara Dipping Sauce
Crunchy Broccoli with Ranch
Seasonal Fruit
Choice of Milk

13

NATIONAL SLOPPY JOE DAY

Homemade Sloppy Joe on a Whole Grain Bun
Steamed Peas
Seasonal Fruit
Choice of Milk

18

Homemade Chili with Cheese
Whole Grain Cornbread
NEW! Non-WG Noodles

Or Kid's Classic WG Asian-Glazed Boneless Chicken Wings with Steamed Carrots and Assorted Graham Cracker

19

Seasonal Fruit
Choice of Milk

NATIONAL RAVIOLI DAY

Whole Grain Cheese Ravioli with Mozzarella Cheese
Whole Grain Breadstick
Assorted Graham Cracker
Romaine Salad with Ranch Dressing
Seasonal Fruit
Choice of Milk

20

Chicken Fajita on Whole Grain Tortilla (1) with Taco Sauce
WG Cheez-It Crackers
Ranchero Beans
Seasonal Fruit
Choice of Milk

16

Build Your Own Sub
Turkey Breast, Cheese, and Lettuce on a Whole Grain Roll with Mayo
Baby Carrots with Ranch
Seasonal Fruit
Choice of Milk
WG Rice Krispies Treat

17

Baked Chicken Leg
WG Cornbread
Steamed Carrots
Seasonal Fruit
Choice of Milk

25

Homemade Meatloaf
WG Dinner Roll with Margarine
Or Kid's Classic Turkey Hot Dog on a WG Bun with Ketchup
Roasted Baby Bakers with Ketchup
Seasonal Fruit
Choice of Milk

26

Non-WG Domino's Cheese Pizza
Romaine Salad with Ranch
Seasonal Lunch Fruit
Choice of Milk

27

NATIONAL TORTILLA CHIP DAY

Beef Nachos with Whole Grain Tortilla
Chips with Shredded Cheese, Lettuce and Taco Sauce
Ranchero Beans
Seasonal Fruit
Choice of Milk

24

Asian Chicken
Whole Grain Brown Rice
Assorted Graham Cracker
Baby Carrots with Ranch
Seasonal Fruit
Choice of Milk

23

Brunch for Lunch
Chicken and Waffles
NEW! Boneless Chicken Wings with WG Waffles and Syrup
Sunset Sip Vegetable Juice
Seasonal Fruit
Choice of Milk

30

BBQ Chicken Sandwich on a Whole Grain Bun
Roasted Sweet Potatoes
Seasonal Lunch Fruit
Choice of Milk

31

Daily Milk Choices:

Skim white
Low fat white
Skim Chocolate

