

March, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sub 12 or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Peaches <i>or</i> Seasonal Fresh Fruit 	Pasta with Meat Sauce & a Roll 13 or A) Hot Dog on a Bun Green Beans <i>or</i> Tossed Garden Salad Pears BBQ Potato Crisps	Fiestada Pizza 14 or A) Chicken Patty on a Bun Corn <i>or</i> Tossed Garden Salad Raisins	Honey BBQ Riblets with a Breadstick 15 or A) Hamburger <i>or</i> Cheeseburger on a Bun Baked Beans Sunshine Smoothie <i>or</i> Seasonal Fresh Fruit	Cheese Stuffed Breadsticks with Marinara Dipping Sauce 16  or A) Cheese Pizza Broccoli Strawberry Cup <i>or</i> Seasonal Fresh Fruit
Cheese Calzone 19 or A) Chicken Nuggets with a Roll Carrot Sticks with Dip Applesauce Cup <i>or</i> Seasonal Fresh Fruit	Popcorn Chicken with Rice 20 (optional Mandarin Orange Sauce) or A) Corn Dog Broccoli <i>or</i> Tossed Garden Salad Mandarin Oranges 	Meatball Sub 21 or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup <i>or</i> Seasonal Fresh Fruit 	Walking Taco 22 (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Hamburger <i>or</i> Cheeseburger on a Bun Corn <i>or</i> Tossed Garden Salad 100% Fruit Juice	Mac & Cheese with a Pretzel Rod 23 or A) Cheese Pizza Green Beans Pears <i>or</i> Seasonal Fresh Fruit 
Salisbury Steak with Gravy & a Breadstick 26 or A) Chicken Nuggets with a Roll Mashed Potatoes Strawberry Cup <i>or</i> Seasonal Fresh Fruit	Oven Baked Chicken with a Corn Muffin 27 or A) Corn Dog Roasted Potatoes <i>or</i> Tossed Garden Salad Frozen Juice Cup	Pepperoni Pizza 28 or A) Chicken Patty on a Bun Carrots Apple Slices <i>or</i> Seasonal Fresh Fruit 	Chicken Tenders 29 or A) Hamburger <i>or</i> Cheeseburger on a Bun Baked Beans <i>or</i> Tossed Garden Salad Mixed Fruit	GOOD FRIDAY 30 

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

SUBSTITUTION OF ITEMS MAY BE NECESSARY

Celebrate National Nutrition Month[®]

Key Ingredients to Help You Go Further with Food

- Include a variety of healthful foods from all of the food groups on a regular basis.
- Consider the foods you have on hand before buying more at the store.
- Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.



- Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
- Continue to use good food safety practices.
- Find activities that you enjoy and be physically active most days of the week.

Information adapted from Eatright.org

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