LUNCH MARCH 2018

Reduced Price .40 (child) Full Price $2.85 (Child) Adult Price $2.85

|  |  |  |  |
| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NLSP Requirements:Fruit: ½ cup dailyVeggie: 3/4/cup dailyMeat/ Alt.: 1.75 oz. dailyGrains: 1.75 oz. dailyMilk: 1 cup daily |  WEEKLY AVERAGE: Calories: 600-650Sodium: < 1230Sat Fat: < 10Trans Fat: zero |  |  1Grilled Cheese Sandwich with W/G Bread,Chicken/ Vegetable Soup, ½ cup Fruit,Milk Variety  |
| 5Chicken Nuggets, W/G Wild Rice,¾ cup of Veggies,½ cup of Fruit,Milk Variety | 6Cheeseburger on a W/G Bun, Lettuce, Tomatoes,Potato Wedges,½ cup of Fruit,Milk VarietyBOARD MEETING 7pm | 7Beefy Nachos with W/G Tortilla Chips,¾ cup of Veggies,½ cup of Fruit,Milk Variety | 8 W/G Corn Dog, Veggie Beans,½ cup of Fruit,Milk Variety |
| 12 | 13 SPRING | 14BREAK | 15 |
| 19Baked Potato w/fixings, Graham Cracker,¾ cup Veggie,½ cup Fruit,Milk Variety  |  20W/G Spaghetti w/Meat Sauce,W/G Garlic Bread, Garden Salad w/Dressing,½ cup Fruit,Milk Variety  | 21Orange Chicken, W/G Noodles,¾ cup Veggie,½ cup Fruit,Milk Variety | 22Beef Taco with a W/G Shell, Lettuce, Tomato, Cheese,Spanish Rice,½ cup Fruit,Milk Variety  |
| Cheese or Pepperoni 26Pizza with W/G Crust, Garden Salad w/Dressing,½ cup Fruit,Milk Variety | Fish Sticks, 27W/G Corn Bread, Cole Slaw,½ cup Fruit,Milk Variety | BBQ Chicken, 28Brown Wild Rice,¾ cup Veggie,½ cup Fruit,Milk Variety | All Beef Hot Dog 29on a W/G Bun,Potato Wedges,½ cup Fruit,Milk Variety  |
|  |  |  | Please Advise Ms. Leslie24 hrs. in advance if you would like to have breakfast or lunch with your child/grandchild so we may plan accordingly. |

**This institution is an equal opportunity provider**

**Menu is subject to change without notice**

Variety: Low Fat 1% White or Non Fat Milk Chocolate or Non Fat Strawberry

 BREAKFAST MARCH 2018

Breakfast in Classroom Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| NSLP REQUIREMENTS:Fruit: 1 cup dailyGrain: 2 oz. dailyMilk: 1 cup dailyMeat/ Alt: Optional | Weekly Average:Calories: 400-500Sodium: <540Sat Fat: <10Trans Fat: 0g/serving |  | 1W/G Breakfast Cookies, Hard Boiled Egg,1 cup Fruit,Milk Variety |
| 5Sausage Link, W/G English Muffin, 1 cup of Fruit,Milk Variety | 6Scrambled Eggs,W/G Toast,I cup of Fruit,Milk Variety | 7W/G Cereal W/Milk,1 cup of Fruit,Milk Variety | 8Fruit Smoothie,W/G Cinnamon/Raison Toast.Milk Variety |
|  12  |  13SPRING |  14  BREAK |  15 |
| 19W/G Banana Muffins,String Cheese, 1 cup Fruit,Milk Variety | 20Toasted W/G Bagel w/Cream Cheese,1 cup Fruit,Milk Variety |  21W/G Pancakes, 1 cup Fruit,Milk Variety  | 22Ham and Eggs,W/G Toast,1 cup Fruit,Milk Variety |
| 26W/G French Toast,1 cup Fruit,Milk Variety | 27Hard Boiled Eggs,W/G Toast,1 cup Fruit,Milk Variety | 28Toasted W/G English Muffin, Sausage Patty,1 cup Fruit,Milk Variety | 29W/G Cereal Bar,Yogurt,1 cup Fruit,Milk Variety |
|  |  |  | Please advise Ms. Leslie 24 hrs. in advance if you would like to have breakfast or lunch with your child/ grandchild so we may plan accordingly. |

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Milk variety: Low Fat 1% White or Non Fat Chocolate or Non Fat Strawberry