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 daily  Veggie: 3/4/cup daily  Meat/ Alt.: 1.75 oz. daily  Grains: 1.75 oz. daily  Milk: 1 cup daily | WEEKLY AVERAGE:  Calories: 600-650  Sodium: < 1230  Sat Fat: < 10  Trans Fat: zero |  | 1  Grilled Cheese Sandwich with W/G Bread,  Chicken/ Vegetable Soup,  ½ cup Fruit,  Milk Variety |
| 5  Chicken Nuggets,  W/G Wild Rice,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 6  Cheeseburger on a  W/G Bun, Lettuce, Tomatoes,  Potato Wedges,  ½ cup of Fruit,  Milk Variety  BOARD MEETING 7pm | 7  Beefy 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 | 14  BREAK | 15 |
| 19  Baked Potato w/fixings,  Graham Cracker,  ¾ cup Veggie,  ½ cup Fruit,  Milk Variety | 20  W/G Spaghetti w/Meat Sauce,  W/G Garlic Bread, Garden Salad w/Dressing,  ½ cup Fruit,  Milk Variety | 21  Orange Chicken,  W/G Noodles,  ¾ cup Veggie,  ½ cup Fruit,  Milk Variety | 22  Beef Taco with a  W/G Shell,  Lettuce, Tomato, Cheese,  Spanish Rice,  ½ cup Fruit,  Milk Variety |
| Cheese or Pepperoni 26  Pizza with W/G Crust, Garden Salad w/Dressing,  ½ cup Fruit,  Milk Variety | Fish Sticks, 27  W/G Corn Bread,  Cole Slaw,  ½ cup Fruit,  Milk Variety | BBQ Chicken, 28  Brown Wild Rice,  ¾ cup Veggie,  ½ cup Fruit,  Milk Variety | All Beef Hot Dog 29  on a W/G Bun,  Potato Wedges,  ½ 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. |

**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 daily  Grain: 2 oz. daily  Milk: 1 cup daily  Meat/ Alt: Optional | Weekly Average:  Calories: 400-500  Sodium: <540  Sat Fat: <10  Trans Fat: 0g/serving |  | 1  W/G Breakfast Cookies,  Hard Boiled Egg,  1 cup Fruit,  Milk Variety |
| 5  Sausage Link,  W/G English Muffin,  1 cup of Fruit,  Milk Variety | 6  Scrambled Eggs,  W/G Toast,  I cup of Fruit,  Milk Variety | 7  W/G Cereal W/Milk,  1 cup of Fruit,  Milk Variety | 8  Fruit Smoothie,  W/G Cinnamon/Raison Toast.  Milk Variety |
| 12 | 13  SPRING | 14    BREAK | 15 |
| 19  W/G Banana Muffins,  String Cheese,  1 cup Fruit,  Milk Variety | 20  Toasted W/G Bagel w/Cream Cheese,  1 cup Fruit,  Milk Variety | 21  W/G Pancakes,  1 cup Fruit,  Milk Variety | 22  Ham and Eggs,  W/G Toast,  1 cup Fruit,  Milk Variety |
| 26  W/G French Toast,  1 cup Fruit,  Milk Variety | 27  Hard Boiled Eggs,  W/G Toast,  1 cup Fruit,  Milk Variety | 28  Toasted W/G English Muffin, Sausage Patty,  1 cup Fruit,  Milk Variety | 29  W/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