

## School Lunch Menu-March 4-March29, 2019

<b>MONDAY</b> <b>4</b>	<b>TUESDAY</b> <b>5</b>	<b>WEDNESDAY</b> <b>6</b>	<b>THURSDAY</b> <b>7</b>	<b>FRIDAY</b> <b>8</b>
Oven Fried Chicken Breast Mashed Potatoes s/o gravy* Veggie (A Rich) Fruit (C Rich) 2% Milk	Beef and Bean Chili w/ Crackers Rice Corn Fruit (C Rich) 2% Milk	Ash Wednesday Chocolate Chip Pancakes Scrambled Eggs Fruit Syrup/Margarine 2% Milk	Black Angus burger/Bun Tomato/ Cheese Tater Tots Cupcakes 2% Milk	Whole Wheat Thin Crust Cheese Pizza Fresh Broccoli Parmesan Fruit Brownie 2% Milk
<b>MONDAY</b> <b>11</b>	<b>TUESDAY</b> <b>12</b>	<b>WEDNESDAY</b> <b>13</b>	<b>THURSDAY</b> <b>14</b>	<b>FRIDAY</b> <b>15</b>
Thick Cut Challah Bread French Toast Turkey Sausage Patties Fruit (C Rich) 2% Milk	Meatball Sub with Marinara Sauce on Warmed Roll w/ Mozzarella Cheese Veggie Fruit Dessert 2% Milk	Battered Fish and Chips (Baked Fries) Tarter Sauce Cole Slaw Fruit 2% Milk	Baked Beef Burritos/ Salsa/Sour Cream* Mexican Rice Veggie Fruit (C Rich) 2% Milk	Spinach and Three Cheese Lasagna Garden Salad/Dressing Fresh Baked Breadstick Fruit (A Rich) Dessert 2% Milk
<b>MONDAY</b> <b>18</b>	<b>TUESDAY</b> <b>19</b>	<b>WEDNESDAY</b> <b>20</b>	<b>THURSDAY</b> <b>21</b>	<b>FRIDAY</b> <b>22</b>
Fettuccini Alfredo* w/ Chicken and Fresh Broccoli Three Bean Salad Dessert 2% Milk	Sandwich on eggwash roll w/ turkey, ham, cheese, tomato s/o mayo/mustard Veggies Cream of Chicken Soup*w/ crackers Dessert 2% Milk	Blueberry Pancakes Scrambled Eggs Fruit Syrup/Margarine 2% Milk	Chicken Tenders Mac and Cheese* Veggies Lo Cal Dessert 2% Milk	Mini Cheese Tortellini w/ Tomato Sauce Garlic Brushed Roll Grilled Zucchini Fruit 2% Milk
<b>MONDAY</b> <b>25</b>	<b>TUESDAY</b> <b>26</b>	<b>WEDNESDAY</b> <b>27</b>	<b>THURSDAY</b> <b>28</b>	<b>FRIDAY</b> <b>29</b>
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK

\*Prepared low fat; (A Rich) - Vitamin A Rich Fruit-1/2 cup or Vegetable every other day; Vitamin C Rich every day  
 MVaughn, RD, LDN

## School Calorie-Controlled Lunch Menu-March 4-March 29,2019

<b>MONDAY</b> <b>4</b>	<b>TUESDAY</b> <b>5</b>	<b>WEDNESDAY</b> <b>6</b>	<b>THURSDAY</b> <b>7</b>	<b>FRIDAY</b> <b>8</b>
Chicken Breast-2 oz. Mash Potato-1/2 c. Veggie-1/2 c. Wheat Roll-1 Diet Jelly-1 tsp Fruit-1/2 cup Skim Milk	Chili -1 ½ cup Corn-1/4 cup Rice-1/2 cup Fruit -1/2 cup Skim Milk	Pancakes-2 Diet Syrup Scrambled Eggs-1/2 cup Fruit (A Rich)-1 /2 c. Skim Milk	Black Angus burger-2 oz/ Bun (small) Lettuce/ Tomato Tater Tots*-1/ 2 cup Fruit-1/2 cup Skim Milk	Whole Wheat Thin Crust Cheese Pizza-1 med. Broccoli*-1/2 cup Fruit-1/2 cup Bread Stick-1 small Skim Milk
<b>MONDAY</b> <b>11</b>	<b>TUESDAY</b> <b>12</b>	<b>WEDNESDAY</b> <b>13</b>	<b>THURSDAY</b> <b>14</b>	<b>FRIDAY</b> <b>15</b>
Thick Cut Challah Bread French Toast-1 Lite Syrup-1 T. Turkey Sausage-2 oz. Fruit -1/2 cup Skim Milk	Meatball -1 1/2 oz on Sub with Marinara Sauce on 1 Roll w/ Mozzarella Cheese -1/2 oz Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Baked Battered Fish-3 oz Baked Fries-1/2 cup Cole Slaw*- (A Rich)-1/3 cup Fruit-1/2 cup Skim Milk	Beef Burritos-1/ Salsa/Sour Cream*-1 T. Mexican Rice-1/2 cup Veggie*-1/2 cup Fruit-1/2 cup (C Rich) Skim Milk	Lasagna-3"X3" Garden Salad-dressing * Bread Stick-1 small Fruit-1/2 cup Skim Milk
<b>MONDAY</b> <b>18</b>	<b>TUESDAY</b> <b>19</b>	<b>WEDNESDAY</b> <b>20</b>	<b>THURSDAY</b> <b>21</b>	<b>FRIDAY</b> <b>22</b>
Fettuccini -1 cup Alfredo* w/ 2 oz. Chicken and Fresh Broccoli Bean Salad-1/4 cup Fruit-1/2 cup Skim Milk	Sandwich w/ 2 oz.- turkey, ham, cheese*, lettuce, tomato/mustard Carrots-1/2 cup Cream of Chicken Soup*-1/2 cup Skim Milk	Pancakes-2 Diet Syrup Scrambled Eggs-1/2 cup Fruit (A Rich)-1 /2 c. Skim Milk	Chicken Tenders-2 oz. Mac and Cheese*-3/4 cup Veggie-1/2 cup Fruit-1/2 cup Skim Milk	Mini Cheese Tortellini w/ Tomato Sauce-1 cup Garlic Brushed Roll Grilled Zucchini ½ cup Fruit-1/2 cup Skim Milk
<b>MONDAY</b> <b>25</b>	<b>TUESDAY</b> <b>26</b>	<b>WEDNESDAY</b> <b>27</b>	<b>THURSDAY</b> <b>28</b>	<b>FRIDAY</b> <b>29</b>
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK

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