


K-8 LunchSmart Menu

March 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Grapes	 MARCH Irish-American Heritage Month			March 1 Spaghetti* with Turkey Meatballs & Marinara Broccoli Applesauce	March 2 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	March 5 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Animal Crackers* Peaches	March 6 Beef Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	March 7 BEEF NACHOS Corn on the Cob Kettle-Baked Beans Pineapple	March 8 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	March 9 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
Spotlight Fruit of the Week: Fresh Pears	March 12 Oven-"Fried" Chicken Drumstick* & Breadstick* Corn Kettle-Baked Beans Peaches	March 13 Meatball Sub* with Marinara & Mozzarella California Blend Veggies Mixed Fruit	March 14 Bosco Stick* with Marinara Dipping Sauce Broccoli Florets Pineapple	March 15 Cheesy Beefy Macaroni* & Honey Wheat Dinner Roll* Sweet Potato Puffs Applesauce	March 16 Corned Beef & Cheese on a Roll* Parsley Red Skin Potatoes Sliced Carrots Pears
Spotlight Fruit of the Week: Grapes	March 19 Orange Chicken Brown Rice* Sliced Carrots Animal Crackers* Peaches	March 20 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Mixed Fruit	March 21 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Pineapple	March 22 Rotini* with Homemade Meat Sauce Broccoli Florets Applesauce	March 23 Bean & Cheese Chalupa* with Garnish Cup & Salsa Black Beans Pears
Spotlight Fruit of the Week: Bananas	March 26 SPRING BREAK	March 27 SPRING BREAK	March 28 SPRING BREAK	March 29 SPRING BREAK	March 30 SPRING BREAK



Decoding Food Labels

Everyone wants to purchase food that is nutritious and safe. Many people check food labels when they are grocery shopping in an effort to make sure that happens. Unlike the Nutrition Facts label, which is highly monitored, front-of-the package food labels aren't as closely regulated. Beware of words such as natural, fat-free, and light. They might make foods seem healthier than they are.

Available Each Day: Salad and Fresh Fruit / Sunbutter & Jelly Sandwich* with a Yogurt Cup / Skim and 1% White Milk Plus Fat-Free Chocolate Milk

Freshly Prepared Additional Entrées

Monday – All-American Cheeseburger on a Bun* / **Tuesday** – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
Wednesday – Super Nachos* & Salsa / **Thursday** – Breaded Chicken Sandwich* / **Friday** – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week)

*=Item contains whole grains / = / L=Locally sourced / S=Sustainable source

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer

Celebrate Ireland with Ceres on March 16!