

WE ♥ CRUCIFEROUS VEGETABLES



Education Campus (K-8) Lunch Menu

March 2016

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (includes a source of protein and a grain/bread accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. All grains are whole grain rich. Did you know— If you see it in green, it's local and if you see it in blue, the meal has international influence!

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 29	Mar 1	Mar 2	Mar 3	Mar 4
Spicy Asian Chicken with Ginger Lime Brown Rice OR Veggie Lo Mein Seasoned Green Peas & Carrots Fresh Romaine and Tomato Side Salad Fresh Local Apple	Homemade Cheese Pizza OR Chicken Taco Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Rotini with Turkey Meat Sauce OR Rotini with Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Celery Sticks w/Light Dressing Fresh Orange	Steak & Cheese Sub OR Cheese & Yogurt Plate Sweet Potato Fries Fresh Cucumber Coins w/ Light Dressing Fresh Banana	Capitol City Chicken Drumstick with a Dinner Roll OR Toasted Two Cheese Sandwich Baked Beans Fresh Baby Carrots w/Light Dressing 100 % Grape Juice
Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
NATIONAL SCHOOL BREAKFAST WEEK				
Buffalo Chicken Wrap OR Garden Salad with Romaine, Cheese & Dinner Roll Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing Fresh Local Apple	Turkey Hot Dog OR Veggie Chili with a Dinner Roll Glazed Carrots Fresh Cucumber Coins Pineapple Cup	<u>Turkish Food Day</u> Turkey Meatballs with Onions & Peppers & Garlic Bun OR Gözleme (Savory Turkish Flatbread) filled with Kale & Mozzarella Cheese Turkish Green Beans Shepard's Tomato & Cucumber Salad Fresh Orange	Cheeseburger OR Teriyaki Veggie Burger Garlic Lemon Broccoli Fresh Local Tuscan Kale Salad Fresh Banana	Chicken Drumstick & Waffle w/Syrup OR Cheese Omelet & Waffle w/Syrup Fresh Roma Roasted Local Red Potatoes Fresh Celery w/Light Dressing 100 % Orange Juice
Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
Chicken Nuggets with Mumbo or Ranch Sauce & Dinner Roll OR Veggie Chili with Dinner Roll Mashed Potatoes with Gravy Fresh Cucumber & Tomato Side Salad Fresh Local Apple	Beef Meatball Sub with Marinara & Mozzarella on a Bun OR Mac-N-Cheese Baked Beans Fresh Broccoli w/Light Dressing Pineapple Cup	Korean Bibimbap Chicken with Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Cucumber Coins w/Light Dressing Fresh Orange	Homemade Cheese Pizza OR Parmesan Chicken Sandwich Sweet Potato Fries Fresh Local Kale Caesar Salad Fresh Banana	Ukrainian Chicken Breast with a Bun OR Mexican Corn Salad with Black Beans & Tortilla Chips Roasted Broccoli Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice
Mar 21	Mar 22	Mar 23	Mar 24	Mar 25
Turkey Hot Dog OR Toasted Two Cheese Sandwich Southwest Pinto Beans Fresh Local Tuscan Kale Salad Fresh Local Apple	Spaghetti with Beef Meatballs OR Spaghetti with Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Mozzarella Pizza Melt OR Chicken Salad Sandwich on a Bun Roasted Corn & Carrots Fresh Celery Sticks w/Light Dressing Fresh Orange	<u>Australian Food Day</u> Shepard's Pie with Turkey & Mashed Potatoes & Savory Scone OR Australian Vegetable Curry & Savory Scone Seasoned Green Peas Australian Coleslaw Fresh Banana	Tuna Salad Melt OR Mac-N-Cheese Seasoned Carrots Fresh Romaine and Tomato Side Salad 100 % Grape Juice
Monday	Tuesday	Wednesday	Thursday	Friday
BBQ Chicken Salad w/Romaine Lettuce, Black Beans, and Mozzarella Cheese w/Dinner Roll	Assorted Deli Meat Sandwich on Whole Grain Roll	Chef Salad w/Fresh Romaine, Turkey Ham, Cheese & Garlic Bun	Southwest Chicken Salad w/ Romaine, Corn, Black Beans w/Dinner Roll	Turkey and Cheese Sub w/Fresh Lettuce and Tomato