



WE ♥
CRUCIFEROUS VEGETABLES

**SIMPLY
GOOD**

STAY Lunch Cycle Menu

March 2016

The cost of a paid student meal is \$2.60. 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 grain/bread accompaniments), 2 vegetable sides, 2 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**! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 29	Mar 1	Mar 2	Mar 3	Mar 4
Spicy Asian Chicken with Ginger Lime Brown Rice Seasoned Green Peas & Carrots Fresh Romaine & Tomato Side Salad Fresh Local Apple Assorted Fruit	Homemade Cheese Pizza on Whole Grain Crust Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fresh Fruit	Rotini with Turkey Meat Sauce Green Beans Italiano Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fresh Fruit	Steak & Cheese Sub Sweet Potato Fries Fresh Cucumber Coins w/Light Dressing Fresh Banana Assorted Fresh Fruit	Capital City Chicken Drumstick with a Biscuit Baked Beans Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
NATIONAL SCHOOL BREAKFAST WEEK				
Chicken Nuggets with Mumbo Sauce or Ranch Sauce & Cornbread Fiesta Black Beans Fresh Baby Carrots w/Light Dressing Fresh Local Apple Assorted Fresh Fruit	Homemade Cheese Pizza on Whole Grain Crust Glazed Carrots Fresh Cucumber Coins Pineapple Cup Assorted Fresh Fruit	<u>Turkish Food Day</u> Turkey Meatballs with Onions & Peppers & Garlic Bun Turkish Green Beans Shepard's Tomato & Cucumber Salad Fresh Orange Assorted Fresh Fruit	Cheeseburger with Lettuce & Tomato Garnish Garlic Lemon Broccoli Fresh Local Tuscan Kale Salad Fresh Banana Assorted Fresh Fruit	Chicken Drumstick & Waffle w/Syrup Fresh Roma Roasted Local Red Potatoes Fresh Celery Sticks w/ Light Dressing 100% Orange Juice Assorted Fresh Fruit
Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
Veggie Chili with Cornbread Mashed Potatoes w/Gravy Fresh Cucumber & Tomato Side Salad Fresh Local Apple Assorted Fresh Fruit	Beef Meatball Sub with Marinara & Mozzarella on a Sub Baked Beans Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fresh Fruit	Korean Bibimbap Chicken with Ginger Lime Brown Rice Seasoned Carrots Fresh Cucumber Coins w/Light Dressing Fresh Orange Assorted Fresh Fruit	Mozzarella Pizza Melt Sweet Potato Fries Fresh Local Kale Caesar Salad Fresh Banana Assorted Fresh Fruit	Ukrainian Chicken Breast with a Biscuit Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fresh Fruit
Mar 21	Mar 22	Mar 23	Mar 24	Mar 25
Turkey Ranch Wrap Southwest Pinto Beans Fresh Local Tuscan Kale Salad Fresh Local Apple Assorted Fresh Fruit	Spaghetti with Beef Meatballs Green Beans Italiano Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fresh Fruit	Steak & Cheese Sub Roasted Corn & Carrots Fresh Celery Sticks w/Light Dressing Fresh Orange Assorted Fresh Fruit	<u>Australian Food Day</u> Shepard's Pie with Turkey & Mashed Potatoes & a Savory Scone Seasoned Green Peas Australian Coleslaw Fresh Banana Assorted Fresh Fruit	Tuna Salad Melt Seasoned Carrots Fresh Romaine and Tomato Side Salad 100 % Grape Juice Assorted Fresh Fruit