

WE ♥ CRUCIFEROUS VEGETABLES



Early Childhood 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), 1 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
Asian Chicken with Ginger Lime Brown Rice	Homemade Cheese Pizza	Rotini with Turkey Meat Sauce	Steak Sandwich	Capitol City Chicken Breast with a Dinner Roll
Seasoned Green Peas and Carrots	Baby Carrots w/Light Dressing	Green Beans Italiano	Sweet Potato Fries	Fresh Broccoli w/Light Dressing
Fresh Local Apple	Pineapple Cup	Fresh Orange	Fresh Banana	100 % Grape Juice
Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
NATIONAL SCHOOL BREAKFAST WEEK				
Chicken Wrap	Turkey Salami Sandwich	Turkish Food Day Turkey Meatballs with Onions and Peppers & Dinner Roll	Cheeseburger	<i>Omelet & Waffle w/Syrup</i>
Fiesta Black Beans	Glazed Carrots	Turkish Green Beans	Garlic Lemon Broccoli	<i>Fresh Roma Roasted Local Red Potatoes</i>
Fresh Local Apple	Pineapple Cup	Fresh Orange	Fresh Banana	<i>100 % Orange Juice</i>
Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
Chicken Nuggets with Mumbo or Ranch Sauce & Dinner Roll	Beef Meatballs with Marinara, Mozzarella on a Bun	Korean Bibimbap Chicken with Ginger Lime Brown Rice	Homemade Cheese Pizza	Ukrainian Chicken Breast with a Bun
Mashed Potatoes with Gravy	Fresh Broccoli w/Light Dressing	Seasoned Carrots	Sweet Potato Fries	Roasted Broccoli
Fresh Local Apple	Pineapple Cup	Fresh Orange	Fresh Banana	100 % Grape Juice
Mar 21	Mar 22	Mar 23	Mar 24	Mar 25
Toasted Two Cheese Sandwich	Spaghetti with Beef Meatballs	Chicken Salad Sandwich on a Bun	Australian Food Day Shepard's Pie with Turkey & Mashed Potatoes	Mac-N-Cheese
Southwest Pinto Beans	Green Beans Italiano	Roasted Corn & Carrots	Savory Scone	Seasoned Carrots
Fresh Local Apple	Pineapple Cup	Fresh Orange	Seasoned Green Peas	100 % Grape Juice
			Fresh Banana	