

# March 2018 Lunch Menu

## Monday



## Tuesday

**No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.**

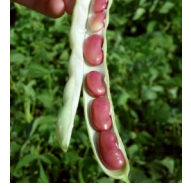
## Wednesday

**"WGR" means "Whole Grain Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.**

## Thursday

## Beans, Beans, Beans!

Beans are an excellent, low cost protein source that are full of fiber and flavor!



Try planting some dry beans in a cup with soil. Your child will love to water daily and see what sprouts! Have fun!



There are over 40,000 bean varieties! Try a new type today, such as: Garbanzo, navy, lentil, fava, or black eye beans!



Beans can help stretch your food dollars. They are a great source of protein, just like meat. Cooking meals with plenty of beans and a small amount of meat for flavor will save money!



**5**

Lentil,  
Pea, Carrot,  
Brown Rice  
Casserole  
Cucumber Slices  
Apricots

**6**



Diner Style  
Baked Beans  
Coleslaw  
WW Roll  
Pineapple

**7**



Vegetable Soup  
Cheese and  
WGR Crackers  
Pears

**8**

Build Your Own  
Pizza  
Tomato Pizza Sauce,  
Cheese, Smoked Turkey,  
Pineapple, Olives,  
Mushrooms, Red Pepper  
on Mini Pita Bread

**12**

Black Bean Chili  
Green Salad &  
Dressing  
WGR Crackers  
Oranges

**13**



Cowboy Mac w/  
WGR Pasta, Beans,  
Corn, Cheese, &  
Tomato Sauce  
Banana

**14**

Corned Beef  
Cabbage Stew  
WW Roll  
Peppermint Fruit  
Salad w Kiwi, Pears

**15**

Cheese Sandwich  
with WW Bread  
Tropical Fruit  
Broccoli w/ Ranch

**19**




Split Pea Soup  
Whole Wheat  
Crackers  
Cauliflower  
Sweet Apples

**20**


Zucchini, Tomato,  
Beans & Cheese  
Enchilada Casserole  
Cilantro Slaw w/ Sour  
Cream Dressing  
Banana

**21**



Pasta e Fagioli  
WGR Elbow Pasta  
w/ Cranberry Bean  
Soup)  
Spinach Salad  
Satsuma Orange

**22**



Quinoa Salad w/  
Lentils, Lemon,  
Parsley, Sundried  
Tomato,  
Olive, Cucumber  
Hard Boiled Egg  
Pineapple

**26**



Navy Bean Soup  
Baby Carrots  
House Dip  
WGR Breadstick  
Kiwi Quarters

**27**

**Taco Tuesday**  
Beef, Beans, Salsa,  
Cheese, Lettuce,  
Corn Tortillas  
Oranges



**28**

Shepherd's Pie w/  
Turkey, Potato, Peas,  
Carrots  
Whole Wheat Roll  
Cinnamon Apples

**29**

Sweet Potato Puff  
Ketchup  
Cheese &  
WGR Crackers  
Pears