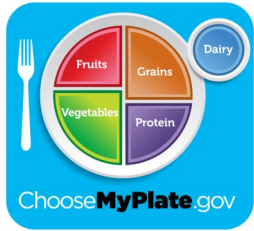


March 2019 Lunch Menu

Tuesday



Wednesday

Thursday

Friday

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

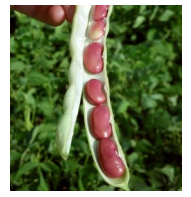
"WGR" means "Whole Gran Rich" and specifies that the item contains at least 50% whole grains. "WW" means "Whole Wheat" and specifies that the item contains 100% whole wheat.

1

White Chicken Chili
 (Corn, Bell Pepper, Onion, Chicken)
 Corn Muffins
 Tropical Fruit

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

Navy Bean Soup
 (Turkey Ham, Carrots, Onion, Beans)
 WGR Roll
 Mandarins

6

Un-fried Brown Rice
 (Egg, Vegetables, Teriyaki sauce) Green Salad w/ Garbanzo Beans + Dressing
 Pineapple Tidbits

7

BYO Sub Sandwich Day (WGR Hoagie Bun, Pesto Spread, Turkey, Cheese, Tomatoes & Lettuce)
 Applesauce

8

Egg Salad Sandwich on WGR Bread
 Carrot Sticks w/ Dip
 Pears

12

Split Pea Soup
 (Carrots, Celery, Onion, Split Peas)
 WGR Sliced Bread
 Apple Quarters

13

Cowboy Mac
 (WGR Pasta, Corn, Beans, Cheese)
 WGR Breadstick
 Bananas

14

Corned Beef Stew
 (Cabbage, Potatoes, Carrots)
 Corn Bread
 Kiwi and Pears

15

WGR Pita Bread
 Hummus
 Cheese Stick
 Cucumber Rounds
 Mixed Melon

19

BYO Pizza Day
 (Pizza Sauce, Cheese, Turkey, Pineapple, Olives, WGR English Muffin)

20

Southwest Chili
 (Beans, Carrots, Corn, Bell Pepper)
 WGR Roll
 Mini Apples

21

Spaghetti
 (WGR Pasta, Ground Beef, Red Sauce, Cheese)
 Green Salad w/ Garbanzo Beans + Dressing
 Mandarin Oranges

22

Chicken Salad
 Celery Logs
 Butterfly Crackers
 Apricots

26

Minestrone Soup
 (White Bean, Carrots, Broccoli)
 Hard Boiled Egg
 WGR Breadstick
 Orange Slices

27

Baked Ziti/Rotini
 (WGR Pasta, Light Tomato Sauce, Spinach, Cheese)
 Broccoli w/ Dip
 Pears

28

Fish Tacos
 (Fish, Tartar Sauce, WGR Tortilla)
 Coleslaw,
 Pineapple Tidbits

29

No School