


9-12 LunchSmart Menu

March 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Grapes		 MARCH Irish-American Heritage Month		March 1 Spaghetti* with Turkey Meatballs, Marinara & Garlic Bread* Broccoli Florets Applesauce	March 2 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	March 5 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Rice Krispies Treat* Peaches	March 6 Beef Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	March 7 Breaded Shrimp Poppers* Corn Kettle-Baked Beans Pineapple	March 8 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	March 9 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Fresh Pears	March 12 Oven-"Fried" Chicken Drumstick* & Breadstick* Corn Kettle-Baked Beans Snickerdoodle Cookie* Peaches	March 13 Meatball Sub* with Marinara & Mozzarella California Blend Veggies Pretzels* Mixed Fruit	March 14 Bosco Stick* with Marinara Dipping Sauce Broccoli Florets Pineapple	March 15 Cheesy Beefy Macaroni* & Honey Wheat Dinner Roll* Sweet Potato Puffs Applesauce	March 16 Corned Beef & Cheese on a Roll* Parsley Red Skin Potatoes Sliced Carrots Pears
Spotlight Fruit of the Week: Grapes	March 19 Orange Chicken Brown Rice* Sliced Carrots Rice Krispies Treat* Peaches	March 20 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries Harvest Cheddar SunChips* Mixed Fruit	March 21 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Pineapple	March 22 Rotini* with Homemade Meat Sauce & Garlic Bread* Broccoli Florets Applesauce	March 23 Bean & Cheese Chalupa* with Handmade Spanish Rice*, Garnish Cup & Salsa Black Beans Pears
Spotlight Fruit of the Week: Bananas	March 26 SPRING BREAK	March 27 SPRING BREAK	March 28 SPRING BREAK	March 29 SPRING BREAK	March 30 SPRING BREAK



Decoding Food Labels

Everyone wants to purchase food that is nutritious and safe. Many people check food labels when they are grocery shopping in an effort to make sure that happens. Unlike the Nutrition Facts label, which is highly monitored, front-of-the package food labels aren't as closely regulated. Beware of words such as natural, fat-free, and light. They might make foods seem healthier than they are.


Available Each Day: Salad and Fresh Fruit / Sunbutter & Jelly Sandwich* with a Yogurt Cup / Skim and 1% White Milk Plus Fat-Free Chocolate Milk

Freshly Prepared Additional Entrées

Monday – All-American Cheeseburger on a Bun* / Tuesday – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
 Wednesday – Super Nachos* & Salsa / Thursday – Breaded Chicken Sandwich* / Friday – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's extra cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / S=Sustainable source
 Milk served with lunch contains no artificial growth hormones or antibiotics.
 Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer

Celebrate Ireland with Ceres on March 16!

Monday	Tuesday	Wednesday	Thursday	Friday
			March 1 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Apple or Orange	March 2 Banana Muffin* Yogurt 100% Juice Milk Fresh Banana
March 5 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Apple or Orange	March 6 Oatmeal Bar (apple or strawberry)* Yogurt 100% Juice Milk Fresh Apple or Orange	March 7 Bagel* with Cream Cheese 100% Juice Milk Fresh Banana	March 8 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Apple or Orange	March 9 Blueberry Muffin* Yogurt 100% Juice Milk Fresh Banana
March 12 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Apple or Orange	March 13 Oatmeal Bar (apple or strawberry)* Yogurt 100% Juice Milk Fresh Apple or Orange	March 14 Mini Bagels* with Strawberry Cream Cheese 100% Juice Milk Fresh Banana	March 15 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Apple or Orange	March 16 Banana Muffin* Yogurt 100% Juice Milk Fresh Banana
March 19 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Apple or Orange	March 20 Oatmeal Bar (apple or strawberry)* Yogurt 100% Juice Milk Fresh Apple or Orange	March 21 Bagel* with Cream Cheese 100% Juice Milk Fresh Banana	March 22 Cold Cereal* Graham Crackers* 100% Juice Milk Fresh Apple or Orange	March 23 Blueberry Muffin* Yogurt 100% Juice Milk Fresh Banana
March 26 SPRING BREAK	March 27 SPRING BREAK	March 28 SPRING BREAK	March 29 SPRING BREAK	March 30 SPRING BREAK

FRUIT PLUS SKIM & 1% WHITE MILK AVAILABLE DAILY



*=Whole grain item

Non-cereal selection may be offered instead of cold cereal
 Milk served with breakfast contains no artificial growth hormones or antibiotics
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National School Breakfast Week is March 5-9! Stop by the cafeteria for breakfast.

