

# ◆ March 2019 Menu ◆

The first entree listed is available for all grade levels, K-4.  
The second entree listed is also available for grade levels 3 and 4.

The first entree listed is the entree for all elementary students.

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 25 Chicken Patty on WG Bun -OR- Rib-B-Que on WG Bun Seasoned Fries Celery Sticks Chilled Pineapples & Oranges	FEBRUARY 26 Charbroiled Cheeseburger on WG Bun -OR- Hot Dog on WG Bun Tater Tots Short Cut Carrots Mixed Fruit	FEBRUARY 27 Chicken Nuggets -OR- Sea Shapes Honey Wheat Roll Chilled V-8 Juice Manager's Choice Fresh Veggie Fresh Fruit In Season	FEBRUARY 28 Taco Salad -OR- Chicken Tenders South of the Border Tortilla Chips Whole Kernel Corn Tropical Fruit	MARCH 1 Pepperoni Pizza -OR- Corndog on a Stick Seasoned Green Beans Mixed Green Salad with Fat Free Raspberry Vinaigrette Chilled Peaches
MARCH 4 Hot Dog on WG Bun -OR- Sliced Turkey & Mozzarella on WG Bun Baked Beans Redstone Canyon Fries Chilled Applesauce Cup	MARCH 5 Sloppy Nachos -OR- Ham and Cheese on WG Bun Whole Kernel Corn Fresh Broccoli with Ranch Mixed Fruit Cup WG Teddy Cinnamon Graham Crackers	MARCH 6 Tyson Chicken Patty on WG Bun with BBQ Sauce -OR- Mini Corndogs Candied Carrots Tater Tots Sliced Bananas with Chocolate Syrup	MARCH 7 Rotini & Meat Sauce -OR- Crispy Chicken Nuggets WG Garlic Toast Seasoned Green Beans Cukes and Grape Tomatoes Chilled Pineapple	MARCH 8 Cheesy Garlic Flatbread -OR- Italian Sub on WG Bun Mixed Green Salad with Fat Free Dressing Fresh Celery Sticks with Ranch Lunch Bunch Grapes
MARCH 11 Tyson Chicken Nuggets -OR- Charbroiled Cheeseburger on WG Bun Carrot Coins Emoji Fries Chilled Peaches	MARCH 12 Beef Soft Taco with Cup O' Fixin's -OR- Popcorn Chicken Whole Kernel Corn Chunky Fruit Cup	MARCH 13 MAGIC ★ TIME Tony's Stuffed Breadsticks with Dipping Sauce -OR- Honey BBQ Beef Rib-B-Que on WG Bun Seasoned Fries Fresh Broccoli & Ranch Tropical Fruit	MARCH 14 Johnny Marzetti and Garlic Toast -OR- Cheese Quesadilla with Salsa Mixed Green Salad with Fat Free Raspberry Vinaigrette Applesauce Cup	MARCH 15 Tony's Cheese Pizza -OR- Beef Fiestadas Fresh Baby Carrots with Ranch Tasty Green Beans Pineapples & Oranges Otis WG Chocolate Chip Cookie
MARCH 18 Chicken Nuggets with Dip -OR- Sea Shapes WG Pretzel Rod Tater Tots Baked Beans Mandarin Oranges	MARCH 19 Meatball Sub -OR- Chicken Patty on Bun Seasoned Fries Mixed Green Salad with Fat Free Dressing Cinnamon Applesauce Cup	MARCH 20 Macaroni & Cheese -OR- Corndog on a Stick Perfect Peas Cukes and Grape Tomatoes Fresh Fruit In Season Otis WG M&M Cookie	MARCH 21 Chicken Fries with BBQ Sauce -OR- Teriyaki Beef Dippers Split Top Roll Whole Kernel Corn Celery with Ranch Chilled Peaches WG Choc Chip Cookie	MARCH 22 Tony's Pepperoni Pizza -OR- Cheese Quesadilla Super Starz Hashbrowns Chilled V8 Juice Mixed Fruit
MARCH 25 Mini Corndogs -OR- Crispy Tyson Chicken Nuggets Potato Smiles Seasoned Green Beans Pineapples & Oranges Pepperidge Farms Goldfish Colors	MARCH 26 Grilled Cheese -OR- Honey BBQ Beef Rib-B-Que on WG Bun Tomato Soup Manager's Choice Fresh Veggies Chilled Peaches	MARCH 27 Popcorn Chicken -OR- Turkey & Mozzarella on WG Bun Tater Tots Baked Beans Fresh Pears or Apples with Caramel Sauce	MARCH 28 Baked Chicken -OR- Salisbury Steak with Gravy Mashed Potatoes Split Top Wheat Roll Fresh Broccoli with Ranch Chilled Diced Pears	MARCH 29 Pizza Hut Pizza -OR-  Crispy Chicken Nuggets with Soft Pretzel Whole Kernel Corn Cukes & Tomatoes Chilled Applesauce Cup

When available, a Peanut Butter & Jelly Uncrustable is offered daily as an alternate entree to grades K-4.

When available, a Chef Salad with a WG roll or breadstick and milk is offered daily as an alternate meal to grades K-4.

½ Pint of 1% White or Flavored Milk is offered daily. Additional Milk is 50¢.

We care about healthy options! Look for WG on the menu anywhere we offer a Whole Grain choice for you.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.

## SMALL Changes

### = BIG Difference

Making a few healthier choices can help your child eat more nutritiously and develop lifelong healthy habits. Consider these suggestions:

- Replace mayonnaise with mustard, mashed avocado, or hummus on your sandwiches.
- Use salsa in place of creamy or full-fat salad dressings.
- Instead of chips, serve raw veggies like green beans or baby carrots with sandwiches. Or make them a snack with low-fat or fat-free ranch dressing, which is always a kid-friendly favorite.
- Keep salt shakers off the table to discourage adding extra to your meals.
- For cooking and salad dressings, use healthy oils like olive, canola, sunflower, or safflower.
- Choose water with a squeeze or two of lemon, lime, or orange instead of sugary sodas.
- Make after school snacks for your child healthy and satisfying. Try low-fat granola and raisins, peanut butter on celery, or cut-up fruit with yogurt for dipping.

#### Make Meals A Success

- Take your child grocery shopping with you. Together, pick out items for snacks and dinners that you know are healthy and that catch the attention of your youngster.



- Prepare meals as a family. Even the simplest of meals become more appealing to children if they are helping in the kitchen.

- When dining out, help your child choose wisely from menus and be mindful of healthy options as they order their meal.