

March 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 25 WG Corndog on a Stick Baked Beans Chilled Pineapples & Oranges	FEBRUARY 26 Tyson WG Chicken Nuggets with Dip Tater Tots Mixed Fruit	FEBRUARY 27 Sea Shapes Dinner Wheat Roll Fresh Baby Carrots Fresh Fruit In Season Fresh Baked Cookie	FEBRUARY 28 Peanut Butter & Jelly Uncrustable Seasoned Green Beans Chilled Diced Peaches 	MARCH 1 Tony's WG Pepperoni Pizza Mixed Green Salad with Ranch Dressing Fresh Banana Half
MARCH 4 Hot Dog on WG Bun Baked Beans Chilled Applesauce Cup	MARCH 5 Sloppy Nachos Fresh Broccoli with Ranch Tropical Fruit WG Fresh Baked Cookie	MARCH 6 Tyson WG Chicken Patty on Bun Tater Tots Sliced Bananas with Chocolate Syrup	MARCH 7 WG Rotini with Meat Sauce WG Garlic Toast Seasoned Green Beans Chilled Pineapple	MARCH 8 Tony's WG Cheese Pizza Mixed Green Salad with Ranch Dressing Lunch Bunch Grapes
MARCH 11 Charbroiled Cheeseburger on Wheat Bun Starz Fries Chilled Peaches WG Sugar Cookie	MARCH 12 Tyson WG Popcorn Chicken Whole Kernel Corn Chunky Fruit Cup	MARCH 13 MAGIC TIME ★ NO SCHOOL 	MARCH 14 WG Baked Ravioli WG Cheesy Breadstick Seasoned Green Beans Applesauce Cup	MARCH 15 Tony's WG Cheese Quesadilla Fresh Baby Carrots with Ranch Chilled Pineapples & Oranges
MARCH 18 Tyson WG Chicken Nuggets with Dip Baked Beans Fresh Orange Smiles	MARCH 19 WG Macaroni & Cheese Baby Carrots with Ranch Fresh Fruit In Season WG Bug Bites	MARCH 20 Tyson WG Chicken Patty on WG Bun Crinkle Cut Fries Cinnamon Applesauce Cup	MARCH 21 Peanut Butter & Jelly Uncrustable Celery Sticks with Ranch Chilled Peaches WG Rice Krispie Treat	MARCH 22 Tony's WG Pepperoni Pizza Mixed Green Salad with Ranch Dressing Mixed Fruit
MARCH 25 Tyson Crispy Chicken Nuggets Superstarz Hashbrowns Pineapples & Oranges 	MARCH 26 WG Grilled Cheese Tomato Soup Chilled Peaches	MARCH 27 Tyson WG Chicken Fries with BBQ Sauce Tater Tots Fresh Pears or Apples	MARCH 28 Beef Soft Taco Fresh Broccoli with Ranch Cinnamon Applesauce Cup	MARCH 29 Hot Dog on WG Bun Baked Beans Frozen Fruit Treat
<p>When available, a Peanut Butter & Jelly Uncrustable is offered daily as an alternate.</p> <p>½ Pint of 1% White or Flavored Milk is offered daily. Additional Milk is 50¢.</p> <p>We care about healthy options! Look for WG on the menu anywhere we offer a Whole Grain choice for you.</p>				

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.

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.