

March 2019 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | | | | 1 taco salad (1oz grnd beef, ½ oz cheese, ¼ cup lettuce & cabbage) Peaches (1/4 c) Slice of wheat bread 1% milk (3/4c) |
| 4 ham sandwiches (2 slices wg bread 1 ½ oz ham) applesauce (1/4c) Cucumbers (1/4c) 1% milk (3/4c) | 5 hamburger cream of mush (1/2 c) Hapa rice (1/2 c) peaches (1/4 c) corn(1/4 c) 1% milk (3/4 C) | 6- chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c) | 7 - chicken chow mein (1.5 oz chix & ½ c noodles) Hapa rice (1/2 c) Peaches (1/4 c) Broccoli (1/4 c) 1% milk (3/4 c) | 8 spaghetti (1/2 c pasta & 1/2c meat sauce) pears (1/4 c) corn (1/4 c) 1% milk (3/4 c) |
| 11 grilled cheese sandwiches (2 sl wg bread & 1.5o cheese) applesauce (1/4 c) carrots (1/4 c) 1% milk (3/4 c) | 12 beef & bean chili (1/2 c) Hapa rice (1/2 c) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c) | 13 beef & vegetable stew (1.5 oz beef) Hapa rice(1/2 c) peaches (1/4c) corn (1/4c) 1% milk (3/4c) | 14 fish sticks (3 pieces) Hapa rice (1/2 c) Applesauce (1/4c) Green beans (1/4c) 1% milk (3/4c) | 15 sloppy joes (1/2 c meat sauce & bun) pears (1/4 c) broccoli (1/4 c) 1% milk (3/4 c) |
| 18 Spring | 19 Break | 20 School | 21 Closed | 22 |
| 25 -PB&J sandwiches (2sl. wg bread 1 ½ oz turkey) Pears (1/4c) Cucumbers (1/4c) 1% milk (3/4c) | 26 Holiday No School | 27 chicken nuggets (4 pieces) Hapa rice (1/2 c) applesauce (1/4 c) green beans (1/4 c) 1% milk (3/ 4 c) | 28 beef stroganoff (1/2c meat sauce 1/2c pasta) peaches (1/4c) broccoli (1/4c) 1% milk (3/4c) | 29 mac & cheese w/ turkey dogs (1/2c pasta 1.5 oz chopped turkey dogs) Applesauce (1/4c) Broccoli (1/4c) 1% milk (3/4c) |

This menu is subject to change based upon the availability of products.

Rice is hapa ½ white ½ brown

AM snack: ½ cup oranges, ¼ cup cheerios & crackers

PM snack: ½ cup 1% milk, ¼ cup cheerios & crackers