



MARCH 2019 Pre-K – 8th Child Nutrition Program

HOT LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Pre-K – 8 Grades: 1% and Fat Free White Milk Offered Daily
K – 8 Grades: Fat Free Chocolate Milk also offered Tues and Thurs

*** Sunbutter available upon request**
*** Peanut butter available where applicable**

Alternative Meal:
Fish Patty served with the daily's 1/2c Vegetable serving

Homemade Baked Ziti & Cheese
Steamed Green Beans, ½ cup
Fruit Cup, ½ cup
Milk **1**

Kickin Chicken Nuggets with a Baked Bread Stick
Vegetarian Beans, ½ cup
Assorted Fruit, ½ cup
Milk **4**

Beef Meatball Hero with Mozzarella Cheese
Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk **5**

Potato Crusted Fish Patty on Bun
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **6**

Baked Macaroni & Cheese
Steamed Carrot Coins, ½ cup
Green Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **7**

French Bread Pizza
Steamed Broccoli, ½ cup
Crunchy Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk **8**

Pork Chop Patty* on a Roll,
Steamed Carrots, ½ cup
Assorted Fruit, ½ cup
Milk **11**

Tasty Turkey Soft Taco
Black Bean Salad, ½ cup
Roasted Corn, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **12**

Crispy Mozzarella Stick
Rotini Pasta & Marinara Sauce
Steamed Zucchini, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **13**

Charbroiled Cheese Burger on Bun
Sliced Tomato & Pickle Chips
Smile Fries, ½ cup
Assorted Fruit, ½ cup
Milk **14**

UNO Cheese Pizza Slice
Steamed Broccoli, ½ cup
Crunchy Carrot Sticks, ½ cup
Fruit Cup, ½ cup
Milk **15**

Yummy Chicken Quesadilla
Steamed Carrots, ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Milk **18**

Oven Roasted Chicken Pieces
Dinner Roll
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **19**

Mama's Beef Meatballs with Penne Pasta
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Milk **20**

Brunch for Lunch
Stuffed Cheese Omelet in a Tortilla Shell
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **21**

NY Sicilian Pizza
Celery Sticks/Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk **22**

Grilled Cheese Sandwich
Steamed Carrots, ½ cup
Seasoned French Fries, ½ cup
Assorted Fruit, ½ cup
Milk **25**

Cowboy Beef Nachos w/cheese
Shredded Lettuce
Red Kidney Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **26**

General TSO Chicken with Brown Rice
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Milk **27**

Assorted Deli Meat, Turkey, Turkey ham, & Cheese on a Roll w/Lettuce, Tomato & Pickle Chips
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk **28**

Personal Pan Pizza
Celery Sticks
Low Fat Dip, ½ cup
Fruit Cup, ½ cup
Milk **29**

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches
American Cheese Sandwiches (Mayo/Mustard)
A side salad (1/2 cup) of leafy dark green vegetable is offered daily.

½ cup Fresh Fruit options will be offered daily
Select a fruit AND/OR vegetable with your sandwich.

Assorted Fruit = Canned Fruit
Fruit Cup = 4 oz. frozen fruit
Fresh Fruit = Whole fresh fruit

