

*Milk is served with every meal
 *Whole Grain served daily

Lunch Menu March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Pizza Fresh Fruit Fresh Veggie	3 Chicken Legs Rice Broccoli Pears	4 Pasta and Meat Sauce Fresh Veggie Plums	5 Hamburger and Tator Tots Fresh Fruit Melon	6 Fish Stix Roasted Potatoes Green Beans Mixed Fruit
9 Pizza Fresh Fruit Fresh Veggie	10 Beef Taco Lettuce/Tomato Cheese Pears	11 Pork Roast Boiled Potatoes Applesauce WW Roll	12 Tator Tot Casserole Mixed Veggies Fresh Fruit Breadstick	13 Tomato Bisque Cheese Sandwich Sliced Cucumber Plums
16 Pizza Fresh Fruit Fresh Veggie	17 Pork Rice Veggies in Soy Sauce Oranges	18 Turkey Sandwich Fresh Fruit Fresh Veggie	19 Chicken Breast Noodles Fresh Fruit Fresh Veggie	20 Meatless Chili Cheese Sandwich Veggies Fresh Fruit
23 Pizza Fresh Fruit Fresh Veggie	24 Veggie and Chicken Rice Casserole Fresh Fruit	25 Beef Tacos Lettuce/Tomato Cheese Fresh Fruit	26 Ham Sweet Potatoes Corn WW Roll	27 Mac N Cheese Mixed Veggies Fresh Fruit
30 Pizza Fresh Fruit Fresh Veggie	31 Ham/Scalloped Potatoes Broccoli Melon WW Bun Roll	1 Enchiladas Tomatoes Pears	2 Spaghetti and Meat Sauce Mixed Veggies Oranges	3 Fish Stix Tator Tots Fresh Fruit Carrot Stix WW Bun

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.