Whiteford Elementary March 2017 Lunch Menu

Food Service Director: Megan Menchaca, MS, RD, CD mmenchaca@thenutritiongroup.biz





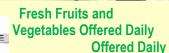
What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk

*Students must choose at least one fruit or vegetable





*Vegetables may include: Broccoli Florets Carrots Leafy Green Salads Legume Salads Celery & Cucumber *May choose two 1/2 cup servings cup

Fresh Produce from Local Farms based on crop availability

servings

*Fruits may include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce *May choose 1/2 cup serving



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

> Lunch Prices: Paid \$2.50 Reduced \$.40 Milk \$.50

u					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Beef & Cheese Ravioli w/ Breadstick Honey Glazed Carrots Chilled Applesauce Choice of Milk	2 Mini Corn Puppies Baked Beans Fresh Orange Smiles Choice of Milk	3 Bosco Sticks Fresh Celery Sticks Diced Pears Choice of Milk
	6 Chicken Tenders w/ Roll Mashed Potatoes & Gravy Mandarin Oranges Choice of Milk	7 NEW! Munchables— Just like a Lunchable! Ham & Cheese on Crackers, & Sweet Treat Fresh Apple Choice of Milk	8 Sweet & Sour Chicken over Fried Rice Steamed Broccoli Prickly Pears Choice of Milk	9 Mac & Cheese w/ Roll Mixed Veggies Fresh Banana Choice of Milk	10 Cheese Pizza Fresh Carrot Sticks Diced Peaches Choice of Milk
	13 Beef & Cheese Nachos Sweet Corn & Black Beans Cinnamon Applesauce Choice of Milk	14 * Cosi on Wheels Sack Lunch Choices: A- Ham & Cheese Sammy B-Turkey & Cheese Sammy C- PB&J Sammy Fresh Apple, Carrots & Milk	15 Hot Ham & Cheese Pocket Steamed Carrots Colorful Mixed Fruit Choice of Milk	16 LUCKY TRAY DAY Turkey & Noodles w/ Roll Green Beans Fresh Apple Choice of Milk	17 St. Patty's Day Bosco Sticks w/ Marinara Fresh Spinach Salad Diced Pears Choice of Milk
:	20 Meatball Hoagie Green Beans Sweet Pears Choice of Milk	21 NEW! Munchables— Just like a Lunchable! Ham & Cheese on Crackers, & Sweet Treat Fresh Apple Choice of Milk	22 Wellness Wednesday Hot Dog on Bun Corn Nibblers Mixed Fruit Choice of Milk	23 Popcorn Chicken w/ Biscuit Mashed Potatoes w/ Gravy Diced Peaches Choice of Milk	Cheese Pizza Fresh Carrots Chilled Applesauce Choice of Milk
•	27 Beef & Cheese Soft Taco Mexican Rice Refried Beans Cinnamon Applesauce Choice of Milk	28 NEW! Munchables— Just like a Lunchable! Ham & Cheese on Crackers, & Sweet Treat Fresh Apple Choice of Milk	29 Penne Pasta w/ Meatsauce & Garlic Breadstick Steamed Broccoli Mandarin Oranges Choice of Milk	30 Carnival Corn Dog on Stick Potato Wedges Fresh Oranges Choice of Milk	31 Bosco Sticks w/ Marinara Green Peas Fresh Apple Choice of Milk
	Monday Second Entrée : Mini Corn Dogs Cupcake \$1	Tuesday Second Entrée : Cheeseburger Chips \$.75 *Mar. 14 NO HOT OPTION	Wednesday Second Entrée : Chicken Nuggets w/ Roll Fruit Snack \$.50	Thursday Second Entrée Chicken Patty on Bun Chips \$.75	Friday Second Entrée : Ham & Cheese Wrap Brownie \$1

^{*} Every Friday during Lent a Fish Sandwich can be requested through the cafeteria staff.