

Whiteford Elementary

March 2017

Lunch Menu

Food Service Director: Megan Menchaca, MS, RD, CD
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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



Fresh Fruits and Vegetables Offered Daily

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

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

Fresh Produce from Local Farms based on crop availability



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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 Peas 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 Peas Choice of Milk
20 Meatball Hoagie Green Beans Sweet Peas 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	24 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.