

March 2012 LunchSmart Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Color Me Blue/Purple Happy National Nutrition Month®!</p> <p>We continue our review of eating the rainbow by focusing on the blue/purple group. Purple and blue produce helps to lower the risk of some cancers, promote urinary tract health, and maintain memory function. Blue and purple fruits and vegetables add beautiful color to your plate and health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. As an example, blueberries are rich in vitamin C, folic acid, potassium, and fiber. In April, we take a look at the last color group: white/brown/tan.</p>			<p>March 1</p> <p>Homemade Turkey Sloppy Joe On a Wheat Bun Sweet Potato Fries Baked Beans Fresh Fruit or Mixed Fruit</p> <p>Spicy Chicken</p>	<p>March 2</p> <p>No Breakfast Or Lunch Served</p> <p>NO SCHOOL</p>
<p>March 5</p> <p>Casimir Pulaski's Birthday</p> <p>NO SCHOOL</p>	<p>March 6</p> <p>Celebrate National Breakfast Week Cheese Omelet Sausage Link Tater Tots Fruit Juice</p> <p>Chicken Nuggets</p>	<p>March 7</p> <p>Whole Wheat Pasta w/Marinara Sauce Cheesy Garlic Bread Broccoli Fresh Fruit or Peaches</p> <p>Bacon Dbl Cheeseburger</p>	<p>March 8</p> <p>Celebrate Foreign Language Week Soft Shell Tacos Refried Beans Mexican Corn Churro</p> <p>Mexican Pizza</p>	<p>March 9</p> <p>Fish Sandwich w/tarter sauce Potato Wedges Fresh Fruit or Peaches</p> <p>Taco Quesadilla Triangles</p>
<p>March 12</p> <p>Salisbury Steak Whipped Potatoes/gravy Mixed Vegetables Fresh Fruit or Peaches</p> <p>Spicy Chicken Wings</p>	<p>March 13</p> <p>Grilled Chicken Sandwich w/lettuce & tomato Pasta Salad Fresh Fruit or Mandarin Oranges</p> <p>Beef & Cheese Burrito</p>	<p>March 14</p> <p>Lasagna Roll Ups w/Marinara Sauce Garlic Breadstick Capri Vegetables Fresh Fruit or Pineapple Tidbits</p> <p>Bacon Dbl Cheeseburger</p>	<p>March 15</p> <p>Homemade BBQ Chicken on Wheat Bun Corn on the Cob Fresh Fruit or Mixed Fruit</p> <p>Chicken Rings</p>	<p>March 16</p> <p>Cheese Pizza Lettuce Salad Fresh Fruit or Pears Fruit Snacks</p> <p>Cheese Quesadilla</p>
<p>March 19</p> <p>Chicken Nuggets Cheesy Mashed Potatoes Corn Fresh Fruit or Peaches</p> <p>Popcorn Chicken</p>	<p>March 20</p> <p>Hot Turkey Ham & Cheese on a Bun Mini Pretzels Mixed Vegetables Fresh Fruit or Applesauce</p> <p>Chicken Strips</p>	<p>March 21</p> <p>"Chef Jim is Cooking!!" "All American" Apple Smoked Bacon Mac n Cheese Roasted Vegetables Mandarin Oranges</p> <p>Bacon Dbl Cheeseburger</p>	<p>March 22</p> <p>Beefy Nachos Mexican Corn Fresh Fruit or Apple Slices Oatmeal Cookie</p> <p>Mini Corn Dogs</p>	<p>March 23</p> <p>Wheat Pretzel Stix w/Cheese Sauce Mixed Vegetables Fresh Fruit or Tropical Fruit</p> <p>Mozzerella Breadsticks</p>
<p>March 26</p> <p>Tex Mex Chili Mac Homemade Cornbread Capri Vegetables Fresh Fruit or Applesauce</p> <p>Chicken Patty</p>	<p>March 27</p> <p>Homestyle Chicken Tenders Whipped Potatoes/gravy Green Beans Fresh Fruit or Mandarin Oranges</p> <p>Spicy Chicken</p>	<p>March 28</p> <p>Whole Wheat Pasta w/Marinara Sauce Cheesy Garlic Bread Broccoli Fresh Fruit or Peaches</p> <p>Bacon Dbl Cheeseburger</p>	<p>March 29</p> <p>Teriyaki Glazed Chicken Breast On a Wheat Bun Tater Tots Fresh Fruit or Mixed Fruit</p> <p>Meatball Sub Sandwich</p>	<p>March 30</p> <p>Whole Grain French Toast Stix w/syrup Seasoned Hash Browns Fresh Cut Orange Sections</p> <p>Cheesy Garlic Flatbread</p>

Special note: The menu is subject to change based on availability and quality of food items.