



March 2018 Elementary School Lunch

Student Paid: \$ 1.50 Reduced: \$.25 Adult: \$3.62 Menu subject to change

It's National Nutrition Month- make an effort to eat healthy meals, stay hydrated and get some exercise!

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Turn Clocks AHEAD on March 11 th</p>	<p>Did you Drink Enough Water Today? Did you eat fruit at every meal? Did you eat some veggies? Did you drink some milk?</p>		<p>1 Tomato Soup w/ crackers Grilled Cheese Sandwich Fruit / Milk</p>	<p>2 Italian Dunkers w/ marinara Steamed Broccoli Fruit /Milk</p>
<p>5 Chicken Patty on a bun Sweet Potato Fries Fruit / Milk</p>	<p>6 Nachos w/ seasoned Taco meat & cheese Refried Beans Fruit / Milk</p>	<p>7 Breakfast for Lunch Sausage, Egg & Cheese On a Biscuit Hash Browns Fruit / Milk Alt: Hump Day Happy Meal</p>	<p>8 Toasted Ham & Cheese Flatbread Green Beans Fruit / Milk</p>	<p>9 Cheese Pizza Fresh Veggies w/ dip Fruit / Milk</p>
<p>12 Chicken Tenders w/ BBQ Sauce Steamed Broccoli w/ cheese Roll & Margarine Fruit / Milk</p>	<p>13 Soft Tacos Taco meat, cheese, lettuce, tomato, Cheese, Sour Cream & Salsa Bean Salad Fruit / Milk</p>	<p>14 Hot Meatball Sub Steamed Peas Fruit / Milk Alt: Hump Day Happy Meal</p>	<p>15 Turkey-Bacon Sandwich w/ lettuce & tomato Baby Carrots w/ ranch dip Fruit / Milk</p>	<p>16 Baked Macaroni & Cheese Green Beans Fruit / Milk</p>
<p>19 Popcorn Chicken Mashed Potatoes w/ gravy Buttered Corn Roll & Margarine Fruit / Milk</p>	<p>20 Beef & Cheese Burrito Black Bean Salsa w/ tortilla chips Fruit / Milk</p>	<p>21 Hot Dog on a bun Baked Beans Cole Slaw Fruit / Milk Alt: Hump Day Happy Meal</p>	<p>22 Mozzarella Sticks w/ marinara Crunchy Broccoli & Cauliflower Salad Fruit / Milk</p>	<p>23 Egg Salad Sandwich w/ lettuce Baby Carrots w/ ranch dip Fruit / Milk</p>
<p>26 Chicken & Waffles w/syrup Corn Fruit / Milk</p>	<p>27 Chicken Nachos w/ cheese Salsa & Sour Cream Mexi Beans Fruit / Milk</p>	<p>28 Baked Ziti w/meat sauce Garlic Breadstick Carrots Fruit / Milk Alt: Hump Day Happy Meal</p>	<p>29 Tomato Soup Grilled Cheese Sandwich Celery Sticks w/ dip Fruit / Milk</p>	<p>30 NO SCHOOL</p>

During this month on Hump Day Wednesday we'll offer a WCS Happy Meal as an alternate. Burger, Nuggets, Wraps w/ Apples, Carrots & Milk

Parents - please sign up and prepay your student's meal account at www.myschoolbucks.com