





March 2019 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Spotlight Fruit of the Week: Fresh Pears					March 1 Boneless Chicken Wings with BBQ Dipping Sauce Broccoli Florets Pears
Spotlight Fruit of the Week: Grapes	March 4 Greek-Style Chicken Brown Rice* Green Beans Snickerdoodle Cookie* Peaches	March 5 BBQ Rib Sandwich on a Bun*^ Corn Mixed Fruit	March 6 Grilled Chicken Sandwich* with Lettuce & Tomato Refried Beans Pineapple	March 7 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	March 8 French Toast Sticks* with Syrup & Turkey Sausage Baby Carrots Pears
Spotlight Fruit of the Week: Bananas	March 11 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	March 12 Chicken Enchilada* with Salsa Verde Southwestern Black Bean Salad Calabacitas (zucchini & tomatoes) Mixed Fruit 	March 13 Chicken Corn Dog* Baby Carrots Kettle-Baked Beans Pineapple	March 14 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	March 15 NO SCHOOL
Spotlight Fruit of the Week: Fresh Pears	March 18 Oven-"Fried" Chicken Drumstick* & Breadstick* Kettle-Baked Beans Corn Peaches	March 19 Meatball Sub* with Marinara & Mozzarella Green Beans Mixed Fruit	March 20 Bosco Stick* with Marinara Dipping Sauce Broccoli Florets Pineapple	March 21 Chili con Carne with Mini Cornbread Loaf* Oven-Baked Potato Wedges Applesauce	March 22 Teriyaki Chicken Brown Rice* Sliced Carrots Honey Oat Goldfish Cracker* Pears
Spotlight Fruit of the Week: Grapes	March 25 Popcorn Chicken Bowl with Mashed Potatoes & Corn* & Honey Wheat Dinner Roll* Peaches	March 26 All-Beef Hot Dog on a Bun* Oven-Baked Spiral-Cut French Fries M&M Cookie* Mixed Fruit	March 27 Orange Chicken Brown Rice* Sliced Carrots Pineapple	March 28 Rotini* with Homemade Meat Sauce Broccoli Florets Applesauce	March 29 Beef Fajita Rice Bowl* with Garnish Cup, Salsa & Sour Cream Pears



Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily

Monday – All-American Cheeseburger on a Bun*

Tuesday – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce

Wednesday – Super Nachos* & Salsa*

Thursday – Breaded Chicken Sandwich*

Friday – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy's cheesy pizza rotate each week)

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced
 Milk served with lunch contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items

Color Me Blue/Purple

Blue and purple fruits and vegetables add beautiful color to your plate and health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. Purple and blue produce helps to lower the risk of some cancers, promote urinary tract health, and maintain memory function. Are you familiar with blue and purple fruits and veggies such as eggplant, purple cabbage, purple peppers, purple grapes, and blueberries?

Where is the **Culinary Explorations** team this time? **Santa Fe, New Mexico!** This month, tickle your taste buds with a special meal of chicken enchiladas, southwestern black bean salad, and a zucchini and tomato dish called calabacitas. Did you know Santa Fe's full name is "La Villa Real de la Santa Fe de San Francisco de Asis" which translates to "The Royal City of the Holy Faith of Saint Francis of Assisi?"

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