

# March 2018

## PLEASANT RIDGE ELEMENTARY SCHOOL

### LUNCH



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. . This institution is an equal opportunity provider. Menus are subject to change



### Monday



#### Taco Crunch

PBJ: Yogurt - Goldfish

5

Lettuce / Tomato  
Corn / Salsa  
Pineapple

(BLUE)

### Tuesday



#### Mac & Cheese with

Garlic Toast & Little Smokies

6

PBJ - Cheese Stick - Goldfish  
Caesar Salad / Carrots  
Chilled Pears

(GOLD)

### Wednesday



#### Hot Ham and Cheese

PBJ - Yogurt - Goldfish

7

Tater Tots  
Baked Beans  
Tropical Fruit

(BLUE)

### Thursday

#### Chicken Nuggets / Roll

PBJ: Yogurt - Goldfish

1

Mashed Potato / Gravy  
Peas  
Fresh Fruit

(BLUE)

### Friday

#### Cheese Pizza

PBJ: Cheese Stick - Goldfish

2

Salad & Carrots  
Fresh Oranges  
March Birthday Cake

(GOLD)

#### Burrito w/ cheese Sauce

PBJ: - Cheese Stick - Goldfish

12

Lettuce / Tomato  
Corn  
Salsa  
Fruit Cocktail

(BLUE)

#### Sweet & Sour Chicken

With Egg Roll

13

PBJ: Cheese Stick - Goldfish  
Rice / Chilled Pears  
Cucumber and Peppers w/Ranch

(GOLD)

#### Cheese Burger

PBJ: - Cheese Stick - Goldfish

14

Lettuce / Tomato  
Baked Beans  
Fries  
Applesauce

(BLUE)



15



16



19



20



21



22



23

#### Pulled Pork Sandwich

PBJ: Cheese Stick - Goldfish

26

Baked Beans  
Seasoned Fries  
Pineapple

(GOLD)

5<sup>th</sup> Grade Guest Lunch

#### Chicken Wrap

PBJ: Yogurt - Goldfish

27

Chicken Rice  
Celery and Peppers with Ranch  
Chilled Peaches

(BLUE)

#### Cheese Burger

PBJ: Yogurt - Goldfish

28

Tater Tots  
Salad & Carrots / Lettuce Tomato  
Tropical Fruit

(GOLD)

4<sup>th</sup> Grade Guest Lunch

#### Chicken Nuggets / Roll

PBJ: Yogurt - Goldfish

29

Mashed Potato / Gravy  
Peas  
Fresh Fruit

(BLUE)



30