

Monday
Tuesday
Wednesday
Thursday
Friday
Meal Prices:

K-5: \$2.40
 6-8: \$2.60
 9-12: \$2.75
 Reduced: \$0.40
 Adult: \$3.65

Hamburger on a Bun
 Dark Green Leaf Lettuce
 Tomato Slice
 Oven Fries
 Canned Fruit Choice
 Fresh Fruit Choice
 Milk Choice

4

Chili
Tortilla Chips (9-12)
 Salad Bar
 Fresh Fruit choice
 Strawberries & Bananas
 Cinnamon Roll
 Milk Choice

5

Cheese Omelet
 Mini Waffles
 Potato Smiles
 Salad Bar
 100% Fruit Juice
 Fresh Fruit Choice
 Milk Choice

6

Baked Ham
 Angel Biscuit & Jelly
 Apple Glazed Sweet Potatoes
 Salad bar
 Fresh Grapes
 Canned Fruit Choice
 Milk Choice

7

Rock & Roll Beef Wrap
 Cheesy Broccoli
 Salad Bar
 Fresh Fruit
 Canned Fruit
 Milk Choice

1

Macaroni & Cheese
 Fish Sticks
 Green beans
 Salad Bar
 Canned Fruit Choice
 Fresh Fruit Choice
 Milk Choice

8

Have a Great Spring Break

Hot Ham & Cheese
 on a Bun
 Ranch Potato Wedges
 Salad Bar
 Diced peaches
 Apples Wedge
 Milk Choice

18

Stuffed Crust Pepperoni
 Pizza
 Salad Bar
 Fresh Orange
 Canned Fruit Choice
 Royal Brownie
 Milk Choice

19

Taco Burger on a Bun
Tortilla Chips (6-12)
 Tomato Salsa
 Refried Beans
 Salad Bar
 Cantaloupe
 Canned Fruit Choice
 Milk Choice

20

Chicken Fried steak
 Whole Wheat Roll
 Mashed Potatoes
 & Gravy
 Salad Bar
 Canned Fruit Choice
 Fresh Fruit Choice
 Milk Choice

21

Lasagna Roll
 Garlic Bread Stick
 Green beans
 Salad Bar
 Fresh Kiwi
 Diced Pears
 Milk Choice

22

Sweet & Sour Chicken Nuggets
 Seasoned Brown Rice
 Asian Vegetables
 Salad Bar
 Mandarin Oranges
 Fresh Fruit Choice
Granola Bar (9-12)
 Milk Choice

25

Pulled Pork Sandwich
 Baked Beans
 Salad Bar
 Fresh Fruit
 Cinnamon applesauce
 Milk Choice

26

Super Nachos
 Black Beans
 Tomato Salsa
 Salad Bar
 Fresh Mixed Fruit Cup
 Pineapple slices
 Milk Choice

27

Grilled Chicken Sandwich
 Potato Smiles
 Salad Bar
 Strawberries & Bananas
 Fruit Cocktail
 Milk Choice

28

Stuffed Crust Cheese
 Pizza
 Salad Bar
 Grapes
 Canned Fruit Choice
 Chocolate Chip Cookie
 Milk Choice

29

Happy National Nutrition Month!

Choosing nutritious foods and getting enough physical activity can make a real difference in your health. For **National Nutrition Month® 2019**, in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and activity habits. As part of National Nutrition Month®, the Academy's [website](#) includes articles, recipes, videos and educational resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for people of all ages, genders and backgrounds. We will be posting articles on our Facebook throughout the month, be sure and check them out!

