






NUTRITION BREAK- March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 - Dr Seuss Day!
<p>Note- All Students are REQUIRED to take a minimum of ½ cup fruit.</p>			<p>Elem - Dunkin Stick, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cat in the Hat Muffin, Red Fish Blue Goldfish, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>
5	6	7	8	9
<p>Elem - Elf Grahams, Goldfish, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Crunchmania Cinnamon Bun, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cocoa Bread OR Pancake on a Stick, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Golden Grahams, Cheez-its, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Breakfast Bar, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>
12	13	14	15	16
<p>Elem - Double Chocolate Betty Crocker Bar, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Donut Ring OR Pizza Bagel, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Chocolate Donuts, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Gripz, Goldfish, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cereal Kit, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>
19	20	21	22	23 - Noon Dismiss
<p>Elem - Pop-tart, Cheez-its, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Powdered Donuts, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cinnamon Bun, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Cereal Bar, Goldfish, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>	<p>Elem - Breakfast Bar, Fruit Choice, Juice, Milk MS/HS - Choice of Hot Breakfast or Build a Breakfast, Variety of fruit, Milk</p>
26 - SPRING BREAK	27 - SPRING BREAK	28 - SPRING BREAK	29 - SPRING BREAK	30 - SPRING BREAK
				

ELEMENTARY LUNCH - March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Choose at least 3 of the 5 Groups One must be a full serving of fruit or veggie! Or for a complete meal choose all 5! GROUPS: Fruit, Veggies, Protein, Grain, Milk	* Viking Popcorn Chicken Bowl is Mashed Potatoes, Gravy and Corn on top of Popcorn Chicken		1 <u>Red Choice</u> Chicken Tenders <u>Blue Choice</u> BBQ Rib Sandwich Fruit Choice, Peas, Fresh Veggies, Milk	2 - Dr. Seuss Day <u>Red Choice</u> Wocket in my Pizza Pocket <u>Blue Choice</u> Hot Roast Beast Sandwich Truffula Tree Fruits, Oodles of Noodles Pasta Salad, Grinch's Broccoli, Three Cheese Trees, Red Fish Blue Fish Jello Cup, Sneetches Fresh Veggies, Mr. Brown Can Moo Milk
5	6	7	8 - Pizza Day!!	9
<u>Red Choice</u> French Bread Pizza <u>Blue Choice</u> Tator Tot Hot Dish with Biscuit Fruit Choice, Green Beans, Fresh Veggies, Milk	<u>Red Choice</u> Pepperoni Hot Pocket <u>Blue Choice</u> Chili with Noodles, Cornbread Fruit Choice, Peas, Fresh Veggies, Milk	<u>Red Choice</u> Cheeseburger <u>Blue Choice</u> Mini Corn Dogs Fruit choice, Carrots, Black Beans, Cake, Fresh Veggies, Milk	<u>Red Choice</u> Pizza Choice: Pepperoni, Cheese, Bacon Cheeseburger or Taco <u>Blue Choice</u> PB&J Fruit choice, Broccoli, Fresh Veggies, Milk	<u>Red Choice</u> Bosco Sticks <u>Blue Choice</u> Turkey Sandwich on Goldfish Bread Fruit Choice, Corn, Fresh Veggies, Milk
12	13 - Pasta Day!	14 - Pi Day	15 - New Item!	16 - St Patrick's Day
<u>Red Choice</u> Cheese Dippers <u>Blue Choice</u> Cheese or Chicken Flatbread Fruit Choice, Black Beans, Carrots, Fresh Veggies, Milk	<u>Red Choice</u> Spaghetti Sauce <u>Blue Choice</u> Alfredo Sauce Choose Meatballs or Chicken in Serving Line Fruit Choice, Garlic Bread, Green Beans, Fresh Veggies, Milk	<u>Red Choice</u> Pizza Pi <u>Blue Choice</u> Chicken Pot Pi over Biscuit Fruit Choice, Corn, Pumpkin Pie, Fresh Veggies, Milk	<u>Red Choice</u> Chili Dog or Hot Dog <u>Blue Choice</u> Chicken Wrap Fruit Choice, Broccoli, Fresh Veggies, Milk	<u>Red Choice</u> Shamrock Chicken Nuggets <u>Blue Choice</u> Pot O' Gold Grilled Cheese Sandwich Leprechaun Fruits, Carrot Coins, Shamrock Cookies, Lucky Peas, Fresh Veggies, Milk
19	20	21	22 - New Item!	23 - Noon Dismiss
<u>Red Choice</u> Fruit/Yogurt/Granola, String Cheese, Crackers <u>Blue Choice</u> Chicken Drumstick Fruit Choice, Peas, Fresh Veggies, Milk	<u>Red Choice</u> Lasagna with Garlic Bread <u>Blue Choice</u> Hot Italian Sub Fruit Choice, Broccoli, Cake, Fresh Veggies, Milk	<u>Red Choice</u> French Toast Sticks with Omelet and Sausage <u>Blue Choice</u> Pancake on a Stick Smiley Potatoes, Spiced Apples, Orange Juice, Fresh Fruit, Fresh Veggies, Milk	<u>Red Choice</u> K-2 Popcorn Chicken 3-5 *Viking Popcorn Chicken Bowl <u>Blue Choice</u> Turkey Bacon Sub Fruit Choice, Mashed Potatoes, Corn, Fresh Veggies, Milk	<u>Red Choice</u> Pizza Slice <u>Blue Choice</u> PB&J Fruit Choice, Fresh Veggies, Milk
26 - SPRING BREAK	27 - SPRING BREAK	28 - SPRING BREAK	29 - SPRING BREAK	30 - SPRING BREAK

MIDDLE/HIGH SCHOOL LUNCH - March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Choose at least 3 of the 5 Groups • One must be a full serving of fruit or veggie! • Or for a complete meal choose all 5! <p>GROUPS: Fruit, Veggies, Protein, Grain, Milk</p>	<p>* Viking Popcorn Chicken Bowl is Mashed Potatoes, Gravy and Corn on top of Popcorn Chicken</p>		<p>1</p> <p>Choose one entree: Chicken Tenders OR BBQ Rib Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar - Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p>2 - Dr. Seuss Day</p> <p>Choose one entree: Pizza Rolls OR Hot Roast Beef Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar - Fruit Choice, Broccoli, Pasta Salad, Dessert Choice, Fresh Veggies, Milk</p>
<p>5</p> <p>Choose one entree: French Bread Pizza OR Tator Tot Hot Dish with Biscuit</p> <p>Fruit & Veggie Bar - Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p>6</p> <p>Choose one entree: Pepperoni Calzone OR Chili with Noodles and Cornbread</p> <p>Fruit & Veggie Bar - Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p>7</p> <p>Choose one entree: Mini Corn Dogs OR Cheeseburger</p> <p>Fruit & Veggie Bar - Fruit Choice, Carrots, Black Beans, Cake, Fresh Veggies, Milk</p>	<p>8 - Pizza Day!</p> <p>Choose one entree: Choice of Pizza: Cheese, Pepperoni, Bacon Cheeseburger, Taco OR PB&J</p> <p>Fruit & Veggie Bar - Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p>9</p> <p>Choose one entree: Bosco Sticks OR Turkey and Bacon Sub with Baked Chips</p> <p>Fruit & Veggie Bar - Fruit Choice, Corn, Fresh Veggies, Milk</p>
<p>12</p> <p>Choose one entree: Cheese Dippers OR Chicken or Cheese Flatbread</p> <p>Fruit & Veggie Bar - Fruit Choice, Carrots, Black Beans, Fresh Veggies, Milk</p>	<p>13 - Pasta Bar</p> <p>Choose one entree: Pasta Bar (Meatballs or Chicken with Spaghetti or Alfredo Sauce), with Garlic Bread OR BBQ Chicken Sandwich with Baked Chips</p> <p>Fruit & Veggie Bar - Fruit Choice, Green Beans, Fresh Veggies, Milk</p>	<p>14 - Pi Day</p> <p>Choose one entree: Pizza Pi OR Chicken Pot Pi over Biscuit</p> <p>Fruit & Veggie Bar - Fruit Choice, Corn, Apple Pi, Fresh Veggies, Milk</p>	<p>15 - New Item</p> <p>Choose one entree: Chili Dog, Hot Dog OR Chicken Wrap with Baked Chips</p> <p>Fruit & Veggie Bar - Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p>16 - St Patrick's Day</p> <p>Choose one entree: Shamrock Chicken Nuggets or Pot O' Gold Grilled Cheese</p> <p>Fruit & Veggie Bar - Fruit Choice, Carrot Coins, Shamrock Cookies, Peas, Fresh Veggies, Milk</p> <div style="text-align: right;">  </div>
<p>19</p> <p>Choose one entree: Chicken Drumstick with Mashed Potatoes and Dinner Roll or Pizza Slice</p> <p>Fruit & Veggie Bar - Fruit Choice, Peas, Fresh Veggies, Milk</p>	<p>20</p> <p>Choose one entree: Lasagna with Garlic Bread OR Hot Italian Sub with Baked Chips</p> <p>Fruit & Veggie Bar - Fruit Choice, Broccoli, Fresh Veggies, Milk</p>	<p>21</p> <p>Choose one entree: French Toast Sticks with Omelet and Sausage OR Pancake on a Stick</p> <p>Fruit & Veggie Bar - Seasoned Potatoes, Spiced Apples, Orange Juice, Fresh Fruit, Fresh Veggies, Milk</p>	<p>22 - New Item</p> <p>Choose one entree: *Viking Popcorn Chicken Bowl (Regular or Spicy) OR Turkey Bacon Sub</p> <p>Fruit & Veggie Bar - Fruit Choice, Corn, Mashed Potatoes, Fresh Veggies, Milk</p>	<p>23 - Noon Dismiss</p> <p>Choose one entree: Pizza Slice OR PB&J</p> <p>Fruit & Veggie Bar - Fruit Choice, Fresh Veggies, Milk</p>
<p>26 - SPRING BREAK</p> <div style="text-align: center;">  </div>	<p>27 - SPRING BREAK</p>	<p>28 - SPRING BREAK</p>	<p>29 - SPRING BREAK</p>	<p>30 - SPRING BREAK</p>