

# MARCH 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Calorie target</i>            K-5 = 550-650            6-8 = 600-700            9-12 = 750-850</p>					<p><i>1 Fish Sandwich</i>  <i>Baked Beans, Celery</i>  <i>&amp; Sun butter, Sliced</i>  <i>Pears, Animal Crack-</i>  <i>ers , Milk</i></p>	
<p><b>Sub sandwich option for main dish everyday except Friday</b></p>	<p><i>4 Beef Tips over</i>  <i>Mashed Potatoes</i>  <i>Green beans,</i>  <i>Tea roll w/Jelly Man-</i>  <i>darin Oranges , Milk</i></p>	<p><i>5 Breaded Chicken</i>  <i>Patty, Broccoli &amp;</i>  <i>Cheese, Mixed Veg-</i>  <i>gies, Tropical Fruit</i>  <i>Milk</i></p>	<p><i>6 Pizza Dippers</i>  <i>Marinara Sauce, Ro-</i>  <i>maine Lettuce, Fruit</i>  <i>cup, Baby carrots</i>  <i>Milk</i></p>	<p><i>7 Beefy Nacho</i>  <i>Romaine Lettuce,</i>  <i>Salsa, Refried Beans</i>  <i>Mixed Fruit, Milk</i></p>	<p><i>8 Pot Pie over Bis-</i>  <i>cuit, Green beans,</i>  <i>Sliced Peaches</i>  <i>Rice Crispy Treat</i>  <i>Milk</i></p>	
<p><b>Salad bar option open to all students everyday!</b></p>	<p><i>11 Chicken Fajita</i>  <i>Green pepper/onion</i>  <i>Romaine Lettuce</i>  <i>salad, , Sliced Pears</i>  <i>Milk</i></p>	<p><i>12 Hamburger/Bun,</i>  <i>Cheese slice, Potato</i>  <i>Wedges , Mixed Veg-</i>  <i>gies, Pineapple</i>  <i>Milk</i></p>	<p><i>13 Hotdog/ Bun</i>  <i>Baked Beans</i>  <i>Baked Chips,</i>  <i>Fresh Oranges,</i>  <i>Milk</i></p>	<p><i>14 Goulash</i>  <i>Dinner Roll/Jelly,</i>  <i>Cooked Carrots</i>  <i>Green Beans, Sliced</i>  <i>Peaches, Milk</i></p>	<p><i>15 No school</i></p>	
	<p><i>18 No school</i></p>	<p><i>19 BBQ Pork /Bun</i>  <i>Goldfish Crackers</i>  <i>Cole slaw,</i>  <i>Pineapple Tidbits,</i>  <i>Milk</i></p>	<p><i>20 Citrus Chicken</i>  <i>Rice, Oriental Veggie,</i>  <i>Mandarin Oranges,</i>  <i>Fortune cookie</i>  <i>Milk</i></p>	<p><i>21 Mr. Ribb</i>  <i>Potato Wedges</i>  <i>Corn</i>  <i>Sliced Pears</i>  <i>Milk</i></p>	<p><i>22 Mac &amp; Cheese</i>  <i>Garlic Breadstick, ,</i>  <i>Apple slices, Baby</i>  <i>Carrots &amp; Dip</i>  <i>Milk</i></p>	
	<p><i>25 Burritos</i>  <i>Cheese sauce,</i>  <i>Chips &amp; Salsa</i>  <i>Refried beans</i>  <i>Fruit, Milk</i></p>	<p><i>26 Chicken Alfredo</i>  <i>Garlic Twist,</i>  <i>Savory peas</i>  <i>Tropical Fruit,</i>  <i>Milk</i></p>	<p><i>27 Chicken Nuggets</i>  <i>Mashed Potato &amp;</i>  <i>Gravy, Corn,</i>  <i>Fresh Fruit</i>  <i>Milk</i></p>	<p><i>28 Meatball Sub</i>  <i>Romaine Lettuce,</i>  <i>Savory Peas, Mixed</i>  <i>Fruit , Milk</i></p>	<p><i>29 French Toast</i>  <i>Sticks Syrup, Muffin,</i>  <i>OJ , Sliced Peaches,</i>  <i>Sweet potatoes, Milk</i></p>	