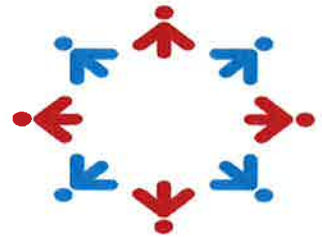


# MARCH

## ELEMENTARY LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p>It's National Nutrition Month: Eat a Variety of Foods in Moderation. School breakfast and lunch are a great source of healthy energy and nourishment for the brain. Child nutrition is our passion. We create balanced meals featuring fresh foods, healthy proteins and whole grains.</p>		<p><b>1</b> FISH FILLET on a BUN SWEET POTATO WAFFLE FRIES FRESH FRUITS &amp; VEGGIES OREO PUDDING CUP MILK <b>Alternates:</b> * B.L.T. Salad Pizza Bento Box with Turkey Pepperoni</p>	<p><b>2</b> MINI CORN DOGS ROASTED ROSEMARY POTATOES BAKED BEANS FRESH FRUITS &amp; VEGGIES FRUIT ICE MILK <b>Alternates:</b> * Chef Salad <b>New-Turkey &amp; Cheddar Sub</b></p>	<p><b>3</b> ITALIAN DUNKER MARINARA SAUCE PROVENCE BLEND VEG. FRESH FRUITS &amp; VEG MILK <b>Alternates:</b> Crispy Chicken Salad Seeds &amp; Cheese Bundle</p>
<p><b>6</b> CHICKEN TENDER MASHED POTATOES FRESH FRUITS &amp; VEG GARLIC TOAST MILK <b>Alternates:</b> Fruit &amp; Yogurt Plate ~ P.B. &amp; J Sandwich</p>	<p><b>7</b> HOT DOG BAKED BEANS FRESH FRUITS &amp; VEG BAKED POTATO CHIPS MILK <b>Alternates:</b> Taco Salad * Ham &amp; Cheese Sandwich</p>	<p><b>8</b> MEATBALL SUB GREEN BEANS FRESH FRUITS &amp; VEG JONNY POP MILK <b>Alternates:</b> * B.L.T. Salad Pizza Bento Box with Turkey Pepperoni</p>	<p><b>9</b> TOP YOUR OWN HAMBURGER CRINKLE CUT FRIES FRESH FRUITS &amp; VEG * RICE KRISPIE BAR MILK <b>Alternates:</b> * Chef Salad <b>New-Turkey &amp; Cheddar Sub</b></p>	<p><b>10</b> CREAMY TOMATO BASIL SOUP GRILLED CHEESE FRESH FRUITS &amp; VEG GOLDFISH CRACKERS MILK <b>Alternates:</b> Crispy Chicken Salad Seeds &amp; Cheese Bundle</p>
<p><b>13</b> ~MANDARIN ORANGE CHICKEN STEAMED RICE BROCCOLI FRESH FRUITS &amp; VEG MILK <b>Alternates:</b> Fruit &amp; Yogurt Plate ~ P.B. &amp; J Sandwich</p>	<p><b>14</b> BOSCO STICKS MARINARA SAUCE PARMESEAN CRUSTED EDAMAME MIXED GREENS SALAD FRESH FRUIT CHOICE FUDGE BAR MILK <b>Alternates:</b> Taco Salad * Ham &amp; Cheese Sandwich</p>	<p><b>15</b> *COUNTRY FRIED STEAK MASHED POTATOES CORN FRESH FRUITS &amp; VEG MILK <b>Alternates:</b> * B.L.T. Salad Pizza Bento Box with Turkey Pepperoni</p>	<p><b>16</b> CINNAMON GLAZED FRENCH TOAST CHEESE OMELET POTATO SMILES FRESH FRUITS &amp; VEG TRIX YOGURT MILK <b>Alternates:</b> * Chef Salad <b>New-Turkey &amp; Cheddar Sub</b></p>	<p><b>17</b> Cheese or *Pepperoni PIZZA TOSSED SALAD FRESH VEGGIES FRESH FRUIT &amp; JUICE SHAMROCK COOKIE MILK <b>Alternates:</b> Crispy Chicken Salad Seeds &amp; Cheese Bundle</p>
<p><b>20</b> <b>SPRING BEGINS TODAY!</b> CRISPY CHICKEN DRUMSTICK STEAMED RICE BUTTERED CORN FRESH FRUITS &amp; VEG CHOCOLATE CHIP COOKIE MILK <b>Alternates:</b> Fruit &amp; Yogurt Plate ~ P.B. &amp; J Sandwich</p>	<p><b>21</b> BREADED MOZZ STICKS MARINARA SAUCE PASTA PLUS ROTINI TOSSED SALAD FRESH FRUIT &amp; JUICE MILK <b>Alternates:</b> Taco Salad * Ham &amp; Cheese Sandwich</p>	<p><b>22</b> MACARONI AND CHEESE CRISPY FISH NUGGETS POWER PEAS FRESH FRUITS &amp; VEG ~ ICE CREAM TREAT MILK <b>Alternates:</b> * B.L.T. Salad Pizza Bento Box with Turkey Pepperoni</p>	<p><b>23</b> BEEFY NACHOS with FRESH TOPPINGS CHEESY REFRIED BEANS ASSORTED FRUITS &amp; VEG MILK <b>Alternates:</b> * Chef Salad <b>New-Turkey &amp; Cheddar Sub</b></p>	<p><b>SPRING BREAK BEGINS</b></p>

*"This institution is an equal opportunity provider."*

**Elementary Prices: Breakfast: \$1.30 Lunch: \$2.40 Milk with Cold Lunch: \$.50**

*(Breakfast is free for Kindergarteners)*

Applications for Free or Reduced meals must be renewed at the beginning of each year.

Families can be obtained at each school or online at [www.isd194.org](http://www.isd194.org) (Click on lunch menus & scroll down)

**\* Denotes foods containing Pork ~ Denotes foods containing Peanuts**

Nutritional information can be found at [www.isd194.k12.mn.us](http://www.isd194.k12.mn.us) (click on the LUNCH tab)

**Nourishing the bodies, minds and spirits of our future.**