

# March 2017 Lunch Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**



6

Thai Rice Soup  
 Hard Boiled Egg  
 Cucumber Slices  
 Apricots

7

 Diner Style  
 Baked Beans  
 Corn Bread  
 Watermelon  
 Coleslaw

8

Potato Chowder  
 Cheese Sandwich  
 Banana

9

Black Bean Chili  
 Green Salad  
 Crostini Bread  
 Oranges 

13

Vegetable Soup  
 Cheese and  
 Crackers  
 Pears

14

 Tri-Colored  
 Succotash  
 French Bread  
 Applesauce

15

Corned Beef  
 Cabbage Stew  
 Rustic Roll  
 Peppermint Fruit  
 Salad w/ Banana,  
 Kiwi, Pears

16

**NO SCHOOL**

20

 Split Pea Soup  
 Whole Wheat  
 Crackers  
 Cauliflower  
 Sweet Apples


21

Zucchini Cheese  
 Enchilada Casserole  
 Cilantro Slaw w/ Sour  
 Cream Dressing  
 Banana

22

 Pasta e Fagioli  
 (Ditalini Pasta w/  
 Cranberry Bean  
 Soup)  
 Spinach Salad  
 Fresh Fruit

23

 Tabbouleh Salad w/  
 Lentils, Lemon, Mint,  
 Cucumber  
 Hard Boiled Egg  
 Pineapple

27

 Navy Bean Soup  
 Baby Carrots  
 House Dip  
 Breadstick  
 Kiwi Quarters

28

**Taco Tuesday**  
 Beef, Beans, Salsa,  
 Cheese, Lettuce,  
 Tortillas  
 Oranges

29

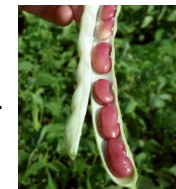
Shepherd's Pie w/  
 Turkey, Potato, Peas,  
 Carrots  
 Whole Wheat Roll  
 Cinnamon Apples

30

Carrot Fries w/  
 Ketchup  
 Potato Rosemary  
 Bread  
 Hard Boiled Egg  
 Kiwi & Pears

## Beans, Beans, Beans!

Beans are an excellent, low cost protein source that are full of fiber and flavor!



Try planting some dry beans in a cup with soil. Your child will love to water daily and see what sprouts! Have fun!

There are over 40,000 bean varieties! Try a new type today, such as: Garbanzo, navy, lentil, fava, or black eye beans!



Beans can help stretch your food dollars. They are a great source of protein, just like meat. Cooking meals with plenty of beans and a small amount of meat for flavor will save money!

**No peanut, nuts, or pork products are used in the preparation of any menu item. Milk (1% low fat) is served with every lunch.**

Every day your child is offered 1/2 cup fruit, 1/2 cup vegetables, 1.5 ounces protein, 6 ounces milk, and 1.5 ounces grain products which provides 1/3 of their daily nutritional needs.