



## Elementary Lunch Menu March 2020

**Student Lunch \$2.80 \*\* Reduced Price \$0.40 \*\* Adult \$4.00**

The Discovery Kitchen theme this month is Plant Power. The information we're providing this month is intended to teach students, parents, teachers, and café associates, like you, about some of the many benefits of eating a diet rich in plant foods. Plant foods include fruits, vegetables, grains, legumes, nuts, and seeds. This month, we will be sharing information related to the nutritional benefits of plant foods, fun facts about how certain foods are produced, and the impact that eating more plants has on our well-being and the well-being of the planet. We will also be promoting a variety of delicious, plant-forward dishes to inspire everyone to eat more plants.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2-Mar</b> BBQ Chicken Served w/ mashed potatoes, dinner roll & cinnamon glazed carrots Fruit and Vegetable Bar Assorted Milk	<b>3-Mar</b> <b>Pancake Day!</b> Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Warm Baked Apples Fruit and Vegetable Bar Assorted Milk	<b>4-Mar</b> Spaghetti & Meatballs Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	<b>5-Mar</b> <b>Booklyn Style Pepperoni Pizza</b> Fruit and Vegetable Bar Assorted Milk	<b>6-Mar</b> Turkey & Cheese Stromboli Seasoned Corn Fruit and Vegetable Bar Assorted Milk
<b>9-Mar</b> <b>Cheeseburger</b> Baked Potato Wedges Fruit and Vegetable Bar Assorted Milk	<b>10-Mar</b> French Toast Sticks w/ Maple Syrup Sausage Patty Fruit and Vegetable Bar Assorted Milk	<b>11-Mar</b> Ham & Cheese Bagel Tomato Soup Fruit and Vegetable Bar Assorted Milk	<b>12-Mar</b> <i>No School K-8</i> Student Lead Conferences	<b>13-Mar</b> Crispy Chicken Sandwich Seasoned Corn Fruit and Vegetable Bar Assorted Milk
<b>16-Mar</b> <b>Shepherds Pie</b> Served w/ mashed potatoes, dinner roll & steamed peas Fruit and Vegetable Bar Assorted Milk	<b>17-Mar</b> <b>Pancake Day!</b> Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Warm Baked Apples Fruit and Vegetable Bar Assorted Milk	<b>18-Mar</b> Homemade Butternut Squash Mac & Cheese Dinner Roll Fruit and Vegetable Bar Assorted Milk	<b>19-Mar</b> Homemade Cheese Pizza Seasoned Corn Fruit and Vegetable Bar Assorted Milk	<b>20-Mar</b> <b>Parfait:</b> <i>Creamy Yogurt Homemade Granola &amp; Fruit</i>
<b>23-Mar</b> <b>Pancake Day!</b> Pancakes w/Maple Syrup Sausage Patty Scrambled Eggs, Warm Baked Apples Fruit and Vegetable Bar Assorted Milk	<b>24-Mar</b> BBQ Chicken Served w/ mashed potatoes, dinner roll & Seasoned Corn Fruit and Vegetable Bar Assorted Milk	<b>25-Mar</b> Spaghetti & Meatballs Savory Green Beans & Dinner Roll Fruit and Vegetable Bar Assorted Milk	<b>26-Mar</b> <b>Booklyn Style Pepperoni Pizza</b> Fruit and Vegetable Bar Assorted Milk	<b>27-Mar</b> Spring Break

**A full student lunch includes a choice of entrée supplying protein and whole grain, up to three (3) vegetable side dishes, one (1) fruit side dish, and milk. Milk choices include 1% white and skim chocolate. A cold vegetable and fruit bar is available daily on which we feature a variety of vegetables and fruits including locally grown when seasonally available. Each week we feature deeply colored, nutrient-rich vegetables including red/orange and dark green varieties, as well as beans and other additional choices. We also offer at least one hot vegetable daily on our serving line.**

Mondays Alt Entrées	Tuesdays Alt Entrées	Wednesdays Alt Entrées	Thursdays Alt Entrées	Fridays Alt Entrées
Chicken Nuggets  Fun Lunch: Cereal & Yogurt & Cheese Fun Lunch	Cheese Pizza  Deli Sandwich	Chicken Nuggets  Fun Lunch: Cereal & Yogurt & Cheese Fun Lunch	Hot Dog  Chicken Caesar Wrap	Soft Baked Pretzel w/ Cheese Sauce  Deli Sandwich

### Daily Fruit and Vegetable Bar Offerings

Tossed Salad Fresh Baby Carrots Power Peas  Fresh Fruit Chilled Fruit	Romaine & Spinach Salad Broccoli Florets Roasted Garbanzo Beans  Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Corn Salad with Ranch  Fresh Fruit Chilled Fruit	Romaine & Spinach Salad  Broccoli Florets  Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Cucumber Apple Salad  Fresh Fruit Chilled Fruit
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### Did You Know?

On average, plant foods contain 64 times the antioxidant levels of animal foods! Antioxidants protect our bodies against harmful substances and keep us healthy.

This Institution is an equal opportunity provider.

View your menu online at:  
[lakeland272.nutrislice.com](http://lakeland272.nutrislice.com)