

March 2019

MPSB CHILD NUTRITION PROGRAM

LUNCH



School Information:

*** ALL MENUS ARE SUBJECT TO CHANGE W/OUT ANY FURTHER NOTICE***



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



CHICKEN FAJITA PASTA 4
GLAZED CARROTS
GARDEN SALAD W/ TOPPINGS
SLICED BREAD
APPLESAUCE
MILK

SALISBURY STEAK 11
CREAMED POTATOES
W/ BROWN GRAVY
CALIFORNIA VEGGIES
ROLL
FROZEN FRUIT ICE
MILK

CHEESEBURGER 18
SLICED TOMATO & ROMAINE
TATOR TOTS
SLICED PEACH CUP
MILK

Tuesday

----- MARCH 25 -29 -----



RED BEANS W/ SAUSAGE 5
BROWN RICE
MUSTARD GREENS
CORNBREAD
FROZEN STRAWBERRY CUP
MILK

BEEF & CHEESE 12
CHILI ROTINI
STEAMED CARROTS
FRESH GARDEN SALAD
GARLIC BREAD
MIXED FRUIT
MILK

CHICKEN FRIED STEAK 19
CREAM POTATOES W/
WHITE PEPPERED GRAVY
CALIFORNIA BLEND VEGETABLES
PINEAPPLE W/ CHERRIES
MILK

Wednesday

----- MARCH 4 - 9 -----

NATIONAL SCHOOL
BREAKFAST WEEK

CHICKEN NOODLE 6
& VEGETABLE SOUP
FRESH LOADED GARDEN SALAD
SLICED WHEAT BREAD
PEACH CUP
MILK

SPAGHETTI W/ 13
BEEF MEATSAUCE
SEASONED BABY LIMA BEANS
GARDEN SALAD
ROLL
DICED PEARS
MILK

BEEF & CHEESENACHOS 20
SEASONED FRENCH FRIES
STEAMED CORN / NACHO SALAD
FRESH FRUIT CHOICE
MILK

Thursday



BBQ SHREDDED 7
PORK SUB SANDWICH
BAKED BEANS
STEAMED BROCCOLI
W/ CHEESE
MIXED FRUIT
MILK

CHEESY CHICKEN 14
ENCHILADAS W/ RICE
NACHO SALAD TOPPING CUP
STEAMED BUTTERY CORN
APPLESAUCE
MILK

HOT DOG W/ 21
CHILI AND CHEESE OPTIONS
SOUTHERN CUT POTATO WEDGES
BAKED BEANS
FROZEN STRAWBERRY CUP
MILK

Friday

HAM & CHEESE 1
POBOY
SLICED TOMATO W/ ROMAINE
SWEET POTATO TOTS
FRESH FRUIT
COOL RANCH DORITOS
MILK

MANAGER'S 8
CHOICE
MENU

TANGERINE CHICKEN 15
CHEESY POTATOES
CALIFORNIA BLEND VEGGIES
SLICED WHEAT BREAD
FRESH FRUIT
MILK

SPAGHETTI 22
W/ BEEF MEATSAUCE
SEASONED STRING BEANS
STEAMED CARROTS
WHOLE GRAIN BREAD
FRUIT CUP CHOICE
MILK



Spring Break