

MARCH 2020

PRE-School LUNCH MENU

Monday

(w/g) Corn Dog Nuggets **2**
Cal (250) Carbs (31)
Chef Salad
(Croutons & Crackers)
Vegetarian Baked Beans & Stewed
Tomatoes &
Side Salad
Fresh Apple & Canned Fruit
1% or Skim Milk

Zesty Chili Macaroni **9**
w/Dinner Roll (w/g)
Cal (363) Carbs (41.14)
Chef Salad (Croutons & Crackers)
Simmered Corn, Mashed Potatoes & Side
Salad
Fresh Apple & Canned Fruit
1% or Skim Milk

Chicken Nuggets w/Dinner Roll **16**
Cal (292.5) Carbs (24)
Chef Salad
(Croutons & Crackers)
Fiesta Black Bean Salad &
Side Salad
Fresh Apple or 1/2 Canned Fruit
1% or Skim Milk

Fish Sandwich on Bun (w/g) **23**
Cal (370) Carbs (42)
Chef Salad
(Croutons & Crackers)
Steamed Spinach & Side Salad
Fresh Apple or 1/2 Canned Fruit
1% or Skim Milk

Pepperoni Pizza (w/g) **30**
Cal (310) Carbs (29)
Chef Salad
(Croutons & Crackers)
Steamed Broccoli & Side Salad
Fresh Apple & 1/2 Canned Fruit
1% or Skim Milk

Tuesday

Teacher Workday **3**



Hot N Spicy Chicken **10**
Sandwich (w/g)
Cal (350) Carbs (39)
Chef Salad
(Croutons & Crackers)
Steamed Carrots & Side Salad
Fresh Orange
1% or Skim Milk

Hot Dog on Bun (w/g) **17**
Cal (330) Carbs (32)
Chef Salad
(Croutons & Crackers)
Quick Baked Potatoes &
Side Salad
Fresh Orange
1% or Skim Milk

Zesty Chili Macaroni **24**
Cal (283) Carbs (26)
Chef Salad
(Croutons & Crackers)
Vegetarian Baked Beans &
Side Salad
Fresh Orange
1% or Skim Milk

Chicken Nuggets **31**
w/Bread Stick (w/g)
Cal (362.5) Carbs (35)
Chef Salad
(Croutons & Crackers)
Steamed Carrots & Side Salad
Fresh Orange
1% or Skim Milk

Wednesday

Grilled Cheese Sandwich **4**
Cal (300) Carbs (32)
Chef Salad
(Croutons & Crackers)
Black-eyed Peas &
Side Salad
Fresh Apple or 1/2 Canned Fruit
1% or Skim Milk

Meaty Hamburger on Bun (w/g) **11**
Cal (382) Carbs (30.9)
Chef Salad
(Croutons & Crackers)
Vegetarian Baked Beans & Side
Salad
Fresh Apple or Canned Fruit
1% or Skim Milk

Grilled Cheese Sandwich **18**
Cal (300) Carbs (32)
Chef Salad
(Croutons & Crackers)
Side Salad &
Stewed Tomatoes
Fresh Apple or 1/2 Canned Fruit
1% or Skim Milk

Pepperoni Pizza **25**
Cal (310) Carbs (29)
Chef Salad
(Croutons & Crackers)
Baked Sweet Potato &
Side Salad
Apple or Canned Fruit
1% or Skim Milk

Thursday

Homemade Spaghetti **5**
w/ Breadstick
Cal (472) Carbs (60.24)
Chef Salad
(Croutons & Crackers)
Peas & Side Salad
Fresh Pear
1% or Skim Milk

(w/g) Corn Dog Nuggets **12**
Cal (250) Carbs (31)
Chef Salad
(Croutons & Crackers)
Collard Greens & Side Salad
Fresh Pear
1% or Skim Milk

Homemade Spaghetti **19**
w/ Breadstick
Cal (472) Carbs (60.24)
Chef Salad
(Croutons & Crackers)
Broccoli & Side Salad
Fresh Pear
1% or Skim Milk

(w/g) Corn Dog Nuggets **26**
Cal (250) Carbs (31)
Chef Salad
(Croutons & Crackers)
Lima Beans & Side Salad
Fresh Pear
1% or Skim Milk

Friday

Pepperoni Pizza (w/g) **6**
Cal (310) Carbs (29)
Chef Salad
(Croutons & Crackers)
Sweet Potato Fries
& Side Salad
Fresh Apple or
1/2 Canned Fruit
1% or Skim Milk

Baked Fish Nuggets **13**
w/Dinner Roll (w/g)
Cal (320) Carbs (35)
Chef Salad
(Croutons & Crackers)
Sweet Potato French Fries
Side Salad
Fresh Apple or Canned Fruit
1% or Skim Milk

Pepperoni Pizza (w/g) **20**
Cal (310) Carbs (29)
Chef Salad
(Croutons & Crackers)
French Fries & Side Salad
Carrot sticks
Fresh Apple or Canned Fruit
1% or Skim Milk

Baked Fish Nuggets **27**
w/Dinner Roll (w/g)
Cal (320) Carbs (35)
Chef Salad
(Croutons & Crackers)
French Fries
Raw Carrot Stick & Side Salad
Fresh Apple or 1/2 Canned Fruit
1% or Skim Milk

Offered Daily

1% or Skim Milk *White
Juice 100%
Fresh Fruit
All Breads are WHEAT
*Menu Subject to Change

Choose 1 Entrée
Choose 2 Vegetables
Choose 1 Fruit
Choose a Milk

