


Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger/Cheese/ Veggie burger Shredded romaine lettuce Seasoned potatoes Pears 5	Beef Fiestada pizza Lettuce, tomato, black olives Black bean and corn salsa Apple slices 6	WG cheese breadsticks Marinara sauce Tossed Caesar salad Fresh oranges and bananas 7	Chicken tenders Assorted sauces Waffle sweet potatoes Peaches 8	WG Macaroni and Cheese Baked fish nuggets Steamed carrots Mixed fruit 9
Mini corndogs Baked pretzel w/cheese Green beans Orange wedges 12	Rotini and meat sauce WG Breadstick Caesar salad Grapes 13	Breakfast sausage square Hashbrown stick Low-fat Yogurt cup Banana 14	Chicken leg Mini-potato pancakes Baked squash Mini biscuit w/honey Applesauce 15	Grilled cheese sandwich Tomato soup Wheat crackers Fresh peppers and hummus Apple slices 16
19 SPRING BREAK! 	20 SPRING BREAK!	21 SPRING BREAK! 	22 SPRING BREAK!	23 SPRING BREAK! 
Chicken alfredo pasta Broccoli florets WG roll Oranges 26	Teriyaki chicken dippers Fluffy brown rice Oriental vegetables Mini veggie egg roll Apples 27	Beef hotdog Sweet tater potatoes Vegetarian baked beans Bananas 28	Turkey and gravy Mashed potatoes Green beans Wheat roll Peaches 29	Big Daddy's Cheese pizza Fresh broccoli/carrots Low-fat dip Pears 30

Cold Lunch Choices:

PBJ wheat uncrustable/string cheese available daily
Could include wraps, hummus & pita, and bagel bundles
Include fruit, vegetable & milk.

Salad Choice:

A full salad bar or pre-made salad
Includes fruit, bread and a milk.



Foods to Increase

- *Make 1/2 of your plate fruits and vegetables**
 - *Make 1/2 your grains whole grains**
 - *Switch to fat-free or low fat milk (1%)**
- Try to cut a banana lengthwise and spread with yogurt or peanut butter and granola for a quick breakfast option.

Healthy Schools Challenge

- As a part of the HSC, we offer a different vegetable every day of the week and dark green or orange vegetables are offered 3 or more days per week. Cooked dry beans and peas (legumes) must be offered each week.
- A different fruit is offered every day of the week which could be fresh, frozen, canned, dried or 100% juice.
- Encourage your students to try as many different fruits and vegetables as possible.