

MARCH

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week

Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!

Lunch Prices
Student \$00
Reduced \$.00
Adult \$4.73

BETSY SMITH

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USDA is an equal opportunity provider and employer.

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
<p>25</p> <p>General Tso's Chicken & Rice or Hamburger on a Bun</p> <p>Featured Veggies: Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>26</p> <p>Baked Ham w/Roll or Beef Taco</p> <p>Featured Veggies: Green Beans Scalloped Potatoes Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Chicken Patty on a Bun or Sloppy Joe on a Bun</p> <p>Featured Veggies: Hot Veggie Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>28</p>	<p>29</p>
<p>1</p>	<p>2</p> <p>Hot Dog on a Bun or Beef or Chicken Taco</p> <p>Featured Veggies: Corn Caesar Salad Choice of Fruit Choice of Milk</p>	<p>3</p> <p>French Toast w/Sausage or Pork BBQ</p> <p>Featured Veggies: Breakfast Potatoes Baby Carrots Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Chicken Patty on a Bun or Pasta Bake</p> <p>Featured Veggies: Seasoned Broccoli Sliced Cukes Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Chicken & Cheese Wrap or Cheesy Pizza</p> <p>Featured Veggies: Sweet Potatoes Garden Salad Choice of Fruit Choice of Milk</p>
<p>8</p> <p>Chicken Tenders with Roll or Ham & Cheese on a Bun</p> <p>Featured Veggies: Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>9</p> <p>BBQ Pork on a Bun or Nachos Grande</p> <p>Featured Veggies: Baked Beans Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Hot Dog on a Bun or Hamburger on a Bun</p> <p>Featured Veggies: Fries Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Sloppy Joe on a Bun or Pizza Cassarole 4th-6th Salad Bar</p> <p>Featured Veggies: Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Fish Sticks Roll or Pizza</p> <p>Featured Veggies: Hot Veggies Baby Carrots Choice of Fruit Choice of Milk</p>
<p>15</p> <p>Biscuits & Chicken & Gravy or Ham BBQ on a Bun</p> <p>Featured Veggies: Mash Potatoes Carrot Stick Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Chicken or Beef Taco or Hot Dog on a Bun</p> <p>Featured Veggies: Corn Toss Salad Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Grilled Cheese or Sloppy Joe</p> <p>Featured Veggies: Tomato Soup Garden Salad Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Pizza Burger On a Bun or Pasta Bake</p> <p>Featured Veggies: Glazed Carrots Cukes Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Cheese Pizza 4-6 Buffalo Chicken Dip with Chips Or BBQ Ribby</p> <p>Featured Veggies: Seasoned Mixed Veggies Salad Choice of Fruit Choice of Milk</p>
<p>22</p> <p>General Tso's Rice or Hamburger on a Bun</p> <p>Featured Veggies: Steamed Broccoli Tossed Salad Choice of Fruit Milk</p>	<p>23</p> <p>Beef Taco or Corn Dogs</p> <p>Featured Veggies: Corn Veggie Cup Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Chicken & Cheese Wrap or Pancakes & Sausage</p> <p>Featured Veggies: Tater Tots Baby carrots Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Hot Dog on a Bun or Pasta & Sauce</p> <p>Featured Veggies: Steamed Peas Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>26</p> <p>Chicken Patty on a Bun or Cheesy Pizza</p> <p>Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>29</p> <p>Chicken Tenders Roll or Rocket Hoagie</p> <p>Featured Veggies: Corn Fresh Veggie Cup Choice of Fruit Choice Of Milk</p>	<p>30</p> <p>Chicken & Cheese Wrap or Nachos Grande</p> <p>Featured Veggies: Baked Beans Garden Salad Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Cheeseburger on a Bun or BBQ Ribby</p> <p>Featured Veggies: Fries Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Mac & Cheese or Turkey and Cheese on a Wrap</p> <p>Featured Veggies: Broccoli Sliced Cukes Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Cheesy Pizza or Fish Sticks & Roll</p> <p>Featured Veggies: Steamed Green Beans Garden Salad Choice of Fruit Choice of Milk</p>