



# MARCH 2019 ~ LUNCH MENU



## Harvest of the Month

Network for a Healthy California

### MARCH CABBAGE

Botanical name:  
*Brassica oleracea*



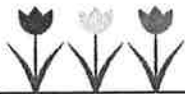
### Helping Your Child Eat Healthy

- Serve green fruits and vegetables to maintain vision health.
- Make "confetti" coleslaw by using a mix of green, red and and Chinese cabbages.
- Boil or steam cabbages to use in stews, soups and casseroles.
- Provide raw, crunchy fruits and vegetables as snacks for your child.
- Look for a farmers' market in your area to find low-cost fruits and vegetables.



### \*\* SECOND CHOICE FRESH OPTIONS \*\*

<b>YOGURT LUNCHABLE</b> ✓ (sunflower seeds or cheese stick, fresh veggie, fruit and graham crackers)	<b>HOMEMADE PIZZA LUNCHABLE</b> ✓ (fresh veggies, fruit and cookie)	<b>CRISPY CHICKEN BLT SALAD</b> (chicken, bacon, veggies on a bed of lettuce, homemade ranch dressing, fruit & fritos)	<b>ITALIAN SUB SANDWICH*</b> (on French roll, fresh veggies, fruit & fresh baked treat)	<b>PROTEIN LUNCH</b> ✓ <b>SUN BUTTER JELLY SANDWICH</b> (on whole grain bread, cheese stick, fresh veggie and fruit)
---	--	---	--	--







## Spring



<b>1</b> <b>BBQ HONEY RIB DIPPERS*</b> HOT APPLE COBBLER SALAD & SUPERSTAR
--

### NATIONAL SCHOOL BREAKFAST WEEK ~ MARCH 4 - 8

<b>4</b> <b>MINI CHEESEBURGERS</b> PICKLES VEGGIE STICKS FRESH FRUIT	<b>5</b> <b>NEW! WILD MIKE'S</b> ✓ DEEP DISH CHEESE PIZZA FRESH VEGETABLE APPLE 	<b>6</b> <b>CHICKEN TENDERS</b> BBQ BEANS FRESH VEGETABLE ARTISAN DINNER ROLL PEACHES	<b>7</b> <b>BREAKFAST for LUNCH</b> EGGS w/CHEESE & BACON POTATO ROUNDS JICAMA STICKS FRENCH TOAST & STRAWBERRY TOPPING	<b>8</b> <b>CHICKEN FAJITA TOSTADA BOWL</b> CRUNCH LETTUCE OLIVES & TACO SAUCE MANDARIN ORANGE
<b>11</b> <b>GRILLED CHEESE</b> ✓ FRESH VEGGIES HOMEMADE RANCH DIP BLUEBERRIES	<b>12</b> <b>NEW! WILD MIKE'S</b> DEEP DISH PEPPERONI PIZZA FRESH VEGETABLE FRUIT 	<b>13</b> <b>CORN DOG</b> TWO BEAN SALAD BABY CARROTS GOLDEN KIWI	<b>14</b> <b>CHICKEN DRUMSTICK</b> POTATO WEDGES CRUNCH SALAD ALOHA ROLL FRUIT COCKTAIL	<b>15</b> <b>WILD MIKE'S</b> ✓ <b>CHEESY BREAD BITES</b> MARINARA SAUCE VEGGIES & RANCH DIP COOKIE
<b>18</b> <b>MINI CHEESEBURGERS</b> PICKLES VEGGIE STICKS FRESH FRUIT	<b>19</b> <b>NEW! WILD MIKE'S</b> ✓ DEEP DISH CHEESE PIZZA FRESH VEGETABLE APPLE 	<b>20</b> <b>MACARONI &amp; CHEESE</b> ✓ BROCCOLI WHOLE WHEAT ROLL FRUIT LEMON PUDDING	<b>21</b> <b>WAFFLE THURSDAY</b> BELGIUM WAFFLE STRAWBERRY TOPPING CHICKEN BITES POTATO ROUNDS JICAMA STICKS	<b>22</b> <b>CHICKEN SANDWICH</b> LETTUCE & PICKLE BBQ BEANS FRUIT
<b>25</b> <b>BEAN &amp; CHEESE BURRITO</b> ✓ TACO SAUCE FRESH VEGETABLES HOMEMADE RANCH DIP VERY BERRY FRUIT CUP	<b>26</b> <b>NEW! WILD MIKE'S</b> DEEP DISH PEPPERONI PIZZA FRESH VEGETABLE FRUIT 	<b>27</b> <b>CHICKEN TENDERS</b> BBQ BEANS FRESH VEGETABLE ARTISAN DINNER ROLL PEACHES	<b>28</b> <b>CHICKEN EGG ROLL</b> UNFRIED FRIED RICE FRESH SNAP PEAS PINEAPPLE TIDBITS FORTUNE COOKIE	<b>29</b> <b>NEW!</b> <b>PULLED PORK *</b> <b>CORNBREAD BOWLS</b> CRUNCH SLAW CARROTS & FRUIT MANDARIN ORANGE

Choice of 1% unflavored milk or non-fat chocolate milk \*May contain pork ✓vegetarian Menu Subject to Change without notice

### BREAKFAST - THE MOST IMPORTANT MEAL OF THE DAY!

Celebrate National School Breakfast Week in March. Eating breakfast can give your child the energy to grow and go. Children who eat breakfast feel better, have fewer absences from school and do better in school. Use Harvest of the Month to help your family power up with breakfast, eat more fruits and vegetables and be active every day.



#### Breakfast Ideas:

- Heat leftover rice with dried fruit, low fat milk and cinnamon for breakfast.
- Serve low fat milk, 100 percent fruit juice or water with meals.
- Wrap up sliced bananas and peanut butter in tortillas.
- Be a role model — eat breakfast with your child.



www.schoolnutrition.org