

# Fresh Eats

CAFETERIA

Director of Food & Nutrition  
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Monday	Tuesday	Wednesday	Thursday	Friday
2 "One Fish, Two Fish" Sticks w/garlic toast "Cat in the Hat" Chicken Nuggets w/Bread "Yot in Pot" Green Beans "Green Eggs" Pudding Dessert	3 Crispy Chicken Patty Grilled Cheese BBQ Baked Beans	4 French Toast Sticks w/Sausage Hamburger Tater Tots	5 BBQ Pork Sandwich Cheese Pizza Broccoli	6 Lsagna Roll up w/garlic toast Corn Dog Nuggets Carrots
9 Fiestada Pizza Chicken Nuggets w/Bread Broccoli	10 BBQ Rib on a Bun Grilled Cheese Chickpeas Italiano	11 Hot Dog on bun Hamburger French Fries	12 Spaghetti w/meatsauce & bread slice Cheese Pizza Peas	13 Fruit & Yogurt Parfait Corn Dog Nuggets Stewed Tomatoes
16 Cheese Filled Breadsticks w/Marinara Chicken Nuggets w/Bread Roasted Chickpeas	17 Italian Dunkers w/sauce Grilled Cheese Fresh Baby Carrots	18 Popcorn Chicken w/Rice Hamburger Mashed Potatoes	19 Meatball Hoagie Cheese Pizza Broccoli	20 *First Day of Spring* Macaroni & Cheese w/Garlic Toast Corn Dog Nuggets Green Beans Springy Jello Dessert
23 BBQ Pulled Pork Sandwich Chicken Nuggets w/Bread BBQ Baked Beans	24 Chicken Quesadilla Grilled Cheese Peas	25 French Toast Sticks w/Sausage Hamburger Tater Tots	26 Hot Ham & Cheese Sandwich Cheese Pizza Fresh Cucumber Slices	27 Cheese Filled Breadstick w/marinara Corn Dog Nuggets Stewed Tomatoes
30 Soft Beef Taco Chicken Nuggets w/Bread Green Beans	31 Meatball Hoagie Grilled Cheese French Fries	<h2 style="text-align: center;">National Nutrition Month</h2> <p style="text-align: center;">Recharge with a tasty lunch that's also good for you.</p>		

**WHAT MAKES A MEAL?**  
 You must choose at least 3 of 5 components available for the school lunch price.  
 Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread, and Choice of Milk  
 \*Students must choose at least one fruit or vegetable

**MILK OPTIONS**  
 Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

**FRUIT & VEGGIE OPTIONS**  
 Broccoli Florets | Baby Carrots  
 Dark Leafy Greens | Legume Salads  
 Celery & Cucumber  
 \*May choose two 1/2 cup servings  
 Crisp Apple | Sliced Peaches | Mixed Fruit  
 Fresh Orange | Banana | Pineapple Tidbits  
 Diced Pears | Applesauce

\*K-8 may choose up to 1/2 cup serving.  
 9th-12th may choose two 1/2 cup servings

**ALTERNATE MENU OPTIONS**