

## March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 Breakfast Day!</b> <b>Pancakes, Cheesy scrambled eggs, and hash browns.</b> 95 Cal, 4g Fat, 13g Carb, 2g Pro <i>HOMEMADE BERRY SYRUP</i> (2 tbsps) 100 Cal, 0g Fat, 25g Carb, 0g Pro <b>SCRAMBLED EGGS</b> 120 Cal, 8g Fat, 1g Carb, 11g Protein  <b>Ash Wednesday.</b>	<b>2 BBQ Chicken Breast</b> 315 Cal, 14g Fat, 15g Carb, 32g Pro <b>With potato au gratin</b> <b>150 Cal, 5g Fat, 23g Carb, 2g protein</b> <b>and roasted asparagus</b> 30 Cal, 0g Fat, 6g Carb, 2g Pro	<b>3 Pizza Day!</b> <b>Whole wheat dough</b> <b>Cheese</b> 300 Cal, 12g Fat, 31g Carb, 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only) <i>CARROT STICKS.</i> 35 Cal, 0g Fat, 8g Carb, 1g Pro <b>and veggies.</b>
<b>6 Pasta Day!</b> whole grain penne pasta with marinara <b>100 Cal, 3g Fat, 15g Carb, 3g Pro</b> Hand rolled meatballs <b>210 cal, 10g fat, 9g carb, 21g protein</b> Whole grain garlic bread <b>120 Cal, 2g Fat, 20g Carb, 5g Pro</b> Fresh steamed veggies 30 Cal, 0g Fat, 6g Carb, 2g Pro	<b>7 Taco Tuesday!</b> Whole wheat taco shell <b>55 cal, 2g fat, 8g carb, 1 g pro</b> Shredded chicken <b>Cal,3g fat 0g carb 24 g pro</b> Brown rice <b>130 cal, 1g fat, 28 carb 3 g pro</b> Lettuce, salsa, sour cream, cheese <b>140 cal, 12g fat, 2g carb, 6g pro</b> Black beans <b>80 cal, 2g fat, 13g carb, 3g pro</b>	<b>8 Breakfast Day!</b> <b>Blueberry Muffins, bacon ham and cheese egg frittata.</b> <b>Vanilla yogurt.</b>	<b>9 Oriental Beef and Broccoli</b> <b>Over Brown rice with a light soy glaze</b> <b>180 Cal, 5g Fat, 24g Carb, 10g protein</b> <b>and Mandarin oranges.</b> <b>90 cal, 0g fat, 22g carb, 0g protein</b>	<b>10. Pizza Day!</b> <b>Whole wheat dough</b> <b>Cheese and fresh veggies.</b>
<b>13 Pasta Day!</b> <b>Potato and cheese pierogis</b> <b>With a fresh vegetable medley.</b>	<b>14 Carnitas</b> <b>Seasoned pulled pork</b> <b>125 Cal, 3g Fat, 0g Carb, 24g Pro</b> <b>over Spanish quinoa</b> <b>155 Cal, 3g Fat, 26g Carb, 6g Protein</b> <b>With corn and salsa.</b> <b>95 cal, 1g fat, 17g carb, 4g pro</b> <b>Tortilla chips.</b> <i>120 Cal, 7g Fat, 12g Carb, 3g Protein</i>	<b>15 Breakfast Day!</b>  <i>SAUSAGE BISCUITS AND GRAVY</i> Sausage Biscuit with gravy (1 whole biscuit) <b>215 Cal, 8g Fat, 32g Carb, 4g Pro</b> <i>WITH HOMEMADE JAM</i> 60 Cal, 0g Fat, 15g Carb, 0g Protein <b>SCRAMBLED EGGS</b> Cal, 8g Fat, 1g 120 Carb, 11g Protein	<b>16 Pork Chops</b> 125 Cal, 3g Fat, 0g Carb, 24g Pro <b>With mashed potatoes &amp; gravy</b> <b>120 Cal, 4g Fat, 19g Carb, 2g Protein</b> <b>And caramelized apples.</b> <b>130 Cal, 2g fat, 28g carb, 0g Protein</b>	<b>17</b>  <b>NO SCHOOL</b>
<b>20 Pasta Day!</b> <b>Pasta Primavera with tomatoes, broccoli, and Peas, in an herb olive oil sauce.</b> <b>180 Cal, 10g Fat, 18g Carb, 5g protein</b> <b>With warm multigrain bread.</b> <b>120 Cal, 2g Fat, 20g Carb, 5g Pro</b>	<b>21 Nacho Day!</b> 50 cal, 2g fat, 8g carb, 1 g pro Shredded chicken <b>Cal,3g fat 0g carb 24 g pro</b> Brown rice <b>130 cal, 1g fat, 28 carb 3 g pro</b> Lettuce, salsa, sour cream, cheese <b>140 cal, 12g fat, 2g carb, 6g pro</b> Black beans <b>80 cal, 2g fat, 13g carb, 3g pro</b>	<b>22 Breakfast Day!</b> <b>Jumbo cinnamon rolls</b> <b>With scrambled eggs and a hash brow</b> <b>120 Cal,5g Fat, 17g Carb, 2g Protein</b> <b>With scrambled cheesy eggs</b> <b>185 Cal, 13g Fat, 1g Carb, 16g Pro</b> <b>and a hash brown.</b> <b>100 Cal, 3g Fat, 15g Carb, 3g Pro</b>	<b>23 Pizza Day!</b> <b>Whole wheat dough</b> <b>Meatball, bacon or cheese,</b> <b>with fresh veggies.</b>	<b>24</b>  <b>NO SCHOOL</b>

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<b>27 Pasta Day!</b> <b>Beef Stroganoff</b> <b>Beef tips, egg noodles,</b> <b>mushroom cream sauce.</b> 335 Cal, 15g Fat, 28g Carb, 22g Protein	<b>28 Quesadillas</b> <b>Chicken or cheese with</b> <b>salsa and brown Spanish</b> <b>rice.300.0 CAL FAT26.0G CARBS</b> <b>20.0 PRO 15.0</b> Brown rice <b>130.0cal 1g fat 28 carbs 3g pro</b>	<b>29 Breakfast Day!</b> <b>French toast sticks, eggs,</b> <b>sausage, an</b> 100 Cal, 4g Fat, 21g Carb, 2g Pro <i>HOMEMADE BERRY SYRUP</i> (2 tbsp) 100 Cal, 0g Fat, 25g Carb, 0g Pro <i>SCRAMBLED EGGS</i> 1220 Cal, 8g Fat, 1g Carb, 11g Protein TURKEY SAUSAGE 45 cal, 3g fat, 0g carb, 4g pro <b>d hash browns.</b>	<b>30 Greek chicken pitas</b> <b>Lettuce, tomato, cucumber</b> <b>sauce,</b> <b>310, 5g fat, 44g carb, 21 g pro</b> <b>with hummus</b> <b>80 cal, 6g fat, 4g carb, 2g pro</b> <b>and pita chips.</b> <b>130 Cal, 5g fat, 19g carb, 3g pro</b>	<b>31 Pizza Day!</b> <b>Cheese and fresh veggies.</b>
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### \$4.75 Lunch Includes:

Hot Entrée OR Fresh Carved Sandwich

All lunches also include choice of fresh salad, fruit bar or soup of the day

White Milk OR 8oz Bottled Water

### A La Carte Items

Chef Salad \$3.95 | Plain Salad \$3 | Soup Cup \$1.50

Yogurt Parfait \$3 | Fruit Cup \$1.50 | Whole Fruit \$.50 | Veggie Cup \$1.50

Turkey or Ham and Cheese Wraps \$3.25| chocolate chip cookie\$.50| Izze \$2.00|