

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Pizza Day Whole wheat dough Cheese 300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball) 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only)
4 Pasta Da Cheese Lasagna With a side of veggies and garlic bread. Cal 300 fat 12.0g carbs 31.0g pro 16.0 g Wheat Roll pro 2.4g Cal 77.4 fat 1.8g carbs 13	5 Taco Tuesday 50 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	6 Breakfast Day	7 Gyros 310, 5g fat, 44g carb, 21 g pro with hummus 80 cal, 6g fat, 4g carb, 2g pro and pita chips. 130 Cal, 5g fat, 19g carb, 3g pro	8 Pizza Day Whole wheat dough Cheese and fresh veggies.
11 Pasta Day Potato and cheese pierogis With a fresh vegetable medley. 180 Cal, 2.5g Fat, 34g Carb, 6g Pr 130 Cal, 6g fat, 2g carb, 19g protein	12 Carnita Bowls 370 Cal, 9g fat, 50g carb, 22g protein Tortilla chips. 140 Cal, 7g fat, 16g carb, 2g protein With sweet corn cake. 100 cal, 1g fat, 22g carb, 1g protein .	13 Breakfast Day! Biscuits, sausage gravy with cheesy scrambled eggs. And custard parfaits. 150 Cal, 7g fat, 16g carb and 6g protein	14 Student Choice	15 Pizza Day Whole wheat dough Cheese and fresh veggies
18 Pasta Day 160.0 cal fat 2.0g carbs 31.0g pro 5.0g Bread 120 cal, 2g fat 20g carb 5g pro Broccoli cal 98.3 fat 1.1 carb 0.0 pro 6.7	19 Nacho Day Ground beef Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	20 Breakfast Day! Fresh baked cinnamon rolls, turkey sausage, and scrambled eggs.	21 GRILLED CHEESE <i>ON WHOLE WHEAT</i> 275 Cal, 14g Fat, 28g Carb, 9g Pro <i>BAKED CRINKLE FRIES</i> 100 Cal, 3g Fat, 15g Carb, 3g Pro <i>AND A SIDE OF VEGGIES.</i> 30 Cal, 0g Fat, 6g Carb, 2g Pro	22 Pizza Day Whole wheat dough Cheese and fresh veggies And mini cakes!
25 Beef Stroganoff WITH MUSHROOMS AND EGG NOODLES IN A CREAMY BEEF SAUCE, 335 Cal, 15g Fat, 28g Carb, 22g Protein 120 Cal, 2g Fat, 20g Carb	26 Quesadillas Cheese: 280 Cal, 16g Fat, 22g Carb, 12g Protein Chicken: 250 Cal, 13g Fat, 20g Carb, 12g Protein Spanish rice 130 Cal, 1g Fat, 28g Carb, 3g Pro	27 Breakfast Day croissants 260 Cal, 12g fat, 26g carb, 12g pro With hash browns and yogurt parfaits. 150 Cal, 2g fat, 30g carb, 4g pro	28 Student Choice	29 Pizza Day