

Each meal includes: Choice of low fat milk, lettuce salad with fresh vegetables, free extra portions of the fruit and/or vegetable as menued, (excludes potatoes). Condiment choices vary daily and may include ketchup, mustard, BBO sauce, or cocktail sauce.

# March 2019 Elementary Lunch Menu

ISD 15 NUTRITION SERVICES ELEMENTARY LUNCH MENU for SFE SOUTH, CCCS, & EBCS  
 Note\*\*\*SFE North has a separate menu and will have slight menu variances from this menu.  
 Student Lunch \$2.30/ Second Lunch \$3.75/ Adult Lunch \$3.75

| Ala Carte:     |        |                              |
|----------------|--------|------------------------------|
| Extra milk     | \$0.50 | Small Juice \$0.40           |
| 10 oz water    | \$0.60 | Yogurt \$0.60                |
| Applesauce Cup | \$0.60 |                              |
| Extra entrée   | \$2.15 | 2 <sup>nd</sup> lunch \$3.75 |

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
|   |  |   |  | March 1<br><i>Dr. Seuss, I Love to Read Celebration:</i><br><b>CRISPY FISH NUGGETS</b> ☉<br><i>Tartar and Cocktail Dipping SAUCE</i><br><i>or TURKEY &amp; CHEESE DELI WRAP</i><br><i>Broccoli with Cheese Sauce</i><br><i>Fruit Choice</i><br><i>Lettuce Salad with Fresh Vegetables</i><br><i>Milk, Cake with Whipped Topping</i> |
| No School 4   | No School 5  | No School 6   | No School 7  | No School 8   |
| 11<br>NACHOS<br>Whole Grain Tortilla Chips, Beef Taco Meat ☉, Warm Cheese Sauce, Lettuce, Tomato, Lite Sour Cream, & Salsa or HAM & CHEESE DELI WRAP<br>Refried Beans<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice | 12<br>WG CHEESE or PEPPERONI PIZZA WEDGE ☉ or TURKEY & CHEESE DELI SANDWICH<br>Corn<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice  | 13<br><b>SHAMROCK SHAPED CHICKEN TENDERS</b> ☉ Dipping SAUCE,<br>Whole Grain Rice<br>or PBJ UNCRUSTABLE SANDWICH with STRING CHEESE STICK<br>Stir Fry Vegetables<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice                  | 14<br>STATE FAIR STYLE WG CORN DOG ☉<br>or HAM & CHEESE DELI SANDWICH<br>Crisp Tri Tater Potato<br>Broccoli Bacon Salad<br>Steamed Carrots<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice   | 15<br>Whole Grain GARLIC CHEESY BREAD ☉ with Pizza Dipping SAUCE or TURKEY & CHEESE DELI WRAP<br>Winter Blend Vegetables<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice  |
| 18<br>ITALIAN BEEF MEATBALL SUB ☉<br>Parmesan Cheese Topping on a Whole Grain BUN or HAM & CHEESE DELI WRAP<br>Steamed Carrots<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>pudding with Whip Topping<br>Milk Choice           | 19<br>BEEF SALISBURY STEAK with GRAVY and WHOLE GRAIN DINNER ROLL<br>or TURKEY & CHEESE DELI SANDWICH<br>Seasoned Mashed Potatoes<br>Fresh Broccoli with Dip<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice                 | 20<br>BREADED CHICKEN NUGGETS ☉ or PBJ UNCRUSTABLE SANDWICH with STRING CHEESE STICK<br>Browned Oven Potatoes<br>California Blend Vegetable<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Whole Grain Mini Rice Crispy Treat<br>Milk Choice | 21<br>WHOLE GRAIN CHICKEN OR CHEESE QUESADILLA<br>Lettuce, Tomato, Lite Sour Cream & Salsa<br>or HAM & CHEESE DELI SANDWICH<br>Refried Beans<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice<br><b>Harvest of the Month Taste Sampling</b> | 22<br>SCHOOL MADE WHOLE GRAIN GRILLED CHEESE SANDWICH or TURKEY & CHEESE DELI WRAP<br>Dippin' Tomato Soup<br>Green Beans<br>Fruit Choice<br>Lettuce Salad w/ Fresh Vegetables<br>Milk Choice  |
| 25<br>BEEFY TACO in Whole Grain Soft Shell Tortilla<br>Beef Taco Meat ☉, Cheese, Lettuce, Tomato, Lite Sour Cream & Salsa or HAM & CHEESE DELI WRAP<br>Refried Beans<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice  | 26<br>BRUNCH LUNCH - WHOLE GRAIN FRENCH TOAST STICKS ☉ with Syrup & Fruit Topping<br>TURKEY SAUSAGE PATTY or TURKEY & CHEESE DELI SANDWICH<br>Crisp Tri Tater Potato<br>100% Fruit Juice Cup<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice | 27<br>Whole Grain STUFFED CRUST CHEESE OR PEPPERONI PIZZA SLICE ☉<br>or PBJ UNCRUSTABLE SANDWICH with STRING CHEESE STICK<br>Steamed Broccoli<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice                                     | 28<br>CHICKEN IN GRAVY over CREAMY MASHED POTATOES<br>with a Whole Grain Tea Roll<br>or HAM & CHEESE DELI SANDWICH<br>Green Beans<br>Fruit Choice<br>Lettuce Salad with Fresh Vegetables<br>Whole Grain Chocolate Chip Cookie<br>Milk Choice                     | 29<br>BREADED SHRIMP POPPERS ☉<br>Tartar and Cocktail Dipping Sauce or TURKEY & CHEESE DELI WRAP<br>Steamed Carrots<br>Fruit Choice<br>Yogurt with Granola<br>Lettuce Salad with Fresh Vegetables<br>Milk Choice  |

☉ = USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or whole grain rich grains). Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at [www.isd15.org](http://www.isd15.org). Students that receive free/reduced lunch also receive a free breakfast. Sending cash is at your own risk. Please send checks or use Visa, MasterCard, Discover, electronic check or debit card to purchase meals at <https://paypams.com>, a transaction fee will be assessed for each transaction. \*\*Menu, product & nutritional information are subject to change per vendor product availability. \*\*Detailed nutritional analysis is available at [www.isd15.org](http://www.isd15.org) This Institution is an equal opportunity provider.