
























MARCH 2018 ~ LUNCH MENU



|  MARCH CABBAGE  Botanical name: <i>Brassica oleracea</i>  Helping Your Child Eat Healthy <ul style="list-style-type: none"> • 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.  | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| NATIONAL SCHOOL BREAKFAST WEEK ~ MARCH 5 - 9 | | | | | | |
| 5 MINI CHEESE RAVIOLIS ✓ VEGGIE SALAD ROSY PEARS ARTISAN DINNER ROLL | 6 WAFFLE TUESDAY  BELGIUM WAFFLE GLAZED BERRIES CHICKEN BITES POTATO ROUNDS JICAMA STICKS | 7 GALAXY CHEESE PIZZA ✓ FRESH VEGGIES  HOMEMADE RANCH DIP APRICOTS | 8 DOUBLE DOGS  COLE SLAW  BABY CARROTS APPLE SLICES LEMON PUDDING | 9 CHICKEN SANDWICH LETTUCE & PICKLE BBQ BEANS KIWI FRUIT  | | |
| 12 CHEESY CHEESE FILLED BREADSTICKS ✓ MARINARA DIPPING SAUCE BROCCOLI FRUIT MIX | 13 CHICKEN TENDERS BBQ BEANS BABY CARROTS ALOHA ROLL ORANGE SLICES | 14 PEPPERONI PIZZA WEDGE* CRUNCH VEGGIE SALAD APPLE SLICES | 15 CHICKEN EGG ROLL UNFRIED FRIED RICE FRESH SNAP PEAS BANANA FORTUNE COOKIE | 16 BBQ PORK DIPPERS* POTATOES O'BRIEN CRUNCH SALAD  PEACHES  SHAMROCK COOKIE  | | |
| 19 CLASSIC CHEESEBURGER PICKLES FRESH VEGGIES  HOMEMADE RANCH DIP APPLE SLICES | 20 BREAKFAST for LUNCH EGGS w/CHEESE & BACON POTATOES & ORANGE SMILES FRENCH TOAST GLAZED CHERRIES | 21 CHEESE PIZZA WEDGE ✓ FRESH VEGGIES HOMEMADE RANCH DIP APRICOTS | 22 MEATBALL SUB SANDWICH FESTIVE CORN BLUEBERRIES BUTTERSCOTCH BROWNIE | 23 CHICKEN DRUMSTICK BBQ BEANS CRUNCH SALAD ALOHA ROLL FRUIT COCKTAIL | | |
|  SPRING BREAK ~ MARCH 26 - MARCH 30 (School Districts have various schedules for Friday, 3/23 & Monday, 4/2. Check with your Student's school for details.)  | | | | | | |
| All meals include a choice of 1% unflavored milk or non-fat chocolate milk. *May contain pork. Menu subject to change without notice. | | | | | | |
| <u>BREAKFAST - THE MOST IMPORTANT MEAL OF THE DAY!</u> 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: <ul style="list-style-type: none"> • 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 | | | | | | |
| For more information on <i>Harvest Of The Month</i> and other interesting <i>School & Nutrition Information</i> visit our website at: WWW.NEVADACOUNTYCNS.COM | | | | | | |