

LUNCH

March 2015

Ell-Saline Mighty Cardinals

Lunch Fact

Only one in 10 American kids get enough vitamin D, and about six out of 10 kids get the recommended amount of calcium.

FAMILY FUN FOR ST. PATRICK'S DAY- Make shamrock milk buy adding a few drops of green food coloring. Dance the Irish Jig , Serve fresh green fruits like green apple slices, kiwifruit slices and green grapes with green yogurt for dipping.

* monday

2
MINI MEAT BALL SUB
POTATO WEDGE
TOSSED SALAD
DICED PEACHES, MILK

9
CHICKEN PATTY
POTATOES & GRAVY
GREEN BEANS
ORANGE SLICES, MILK
(6-12) ROLL & JELLY

16
SPRING BREAK
NO SCHOOL

23
CHICKEN WRAP
SAVORY RICE
LETTUCE & TOMATO SLICE
SAUT'EED ZUCCHINI
BANANA, MILK

30
CHICKEN FAJITA
RED PEPPER STRIPS, CORN
REFRIED BEANS, SALSA
BANANA, MILK (9-12) CHIPS

* tuesday

3
BBQ CHICKEN DRUMMIES
BAKED BEANS, ROLL & JEL
CREAMY COLESLAW, MILK
CRISP APPLE QUARTERS

10
SOFT TACO
LETTUCE & TOMATO
REFRIED BEANS
TORTILLA CHIPS, SALSA
BANANA, MILK

17
SPRING BREAK
NO SCHOOL

24
SPAGHETTI & MEAT SAL
GARLIC BREAD
GARDEN SALAD,
GREEN BEANS,
MANDARIN ORANGES, MILK

31
PORK RIB ON A BUN
LEAF LETTUCE & TOMATO
SWEET POTATO PUFFS
ORANGE HALVES
MILK

wednesday

4
BISCUITS & SAUSAGE GRAVY
CELERY & CUCUMBERS
TRI TATER, ORANGE, MILK
(6-12 SAUSAGE PATTY)

11
ELL-SALINE PIZZA
TOSSED SALAD
BABY CARROTS
PINEAPPLE TIDBITS
SHERBET CUP, MILK

18
SPRING BREAK
NO SCHOOL

25
BIEROCK OR PBJ
CHERRY TOMATOES
BROCCOLI W/CHEESE
WHOLE GRAIN SUN CHIPS,
TROPICAL FRUIT, MILK

APRIL 1- TACO SOUP
CHIPS, FRESH BROCCOLI,
APPLESAUCE, MILK
APRIL 2- CORN DOG, TOTS
GREEN BEANS, TOTS, FRUIT

* thursday

5
WHITE CHICKEN CHILI
CHERRY TOMATOES
CUCUMBER SLICES,
BANANA, CORNBREAD, MILK

12
ELEM- Hot Ham & Cheese
On a Bun. Potato Wedge
Broccoli Florets, Fruit Cocktail
Milk. MS/HS – Farm to School
Pork Burgers on a Bun

19
SPRING BREAK
NO SCHOOL

26
HOT DOG ON A BUN
TRI TATER
BAKED BEANS
APPLE QUARTERS
MILK

* friday

6
CHEESE PIZZA
BROCCOLI FLORETS
BABY CARROTS, MILK
FRESH CITRUS FRUIT CUP

13
TEACHER WORK DAY
NO SCHOOL

20
SPRING BREAK
NO SCHOOL

27
TUNA AND NOODLES
MASHED POTATOES
GREEN PEAS
FRESH GRAPES, MILK
(6-12 ROLL AND HONEY)

GOT MILK?
SKIM WHITE, SKIM CHOCOLATE AND 1% WHITE MILK IS OFFERED DAILY FOR BREAKFAST AND LUNCH.