





March Menu 2019
Alisal & Mohr Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				 Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee Get Healthy Salad Bar
4 Pop Corn Chicken & Tater Tots Cheese Tamales* Get Healthy Salad Bar	5 Chicken Tortilla Soup with Vegetables Bean & Cheese Burrito* Get Healthy Salad Bar	6 Shredded Pork on a Hoagie Roll Cheese Lasagna* & Marinara Sauce Get Healthy Salad Bar	7 Chicken Fajitas & Rice Cheese Bread Sticks* Get Healthy Salad Bar	8  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee Get Healthy Salad Bar
11 Turkey Taco Stack Bean & Cheese Burrito* & Salsa Get Healthy Salad Bar	12 Chicken Tenders & Potato Wedges Cheese Enchilada* & Salsa Get Healthy Salad Bar	13 Marinara & Meat Sauce & Spaghetti Ravioli & Marinara Sauce* Get Healthy Salad Bar	14 Celebration Spring Chicken Nuggets Grilled Cheese Sandwich* Get Healthy Salad Bar	15 NO School 
18 Chicken Noodle Soup with Vegetables Bean & Cheese Burrito* & Salsa Get Healthy Salad Bar	19 Marinara & Meat Sauce with Pasta Grilled Cheese Sandwich* Get Healthy Salad Bar	20 Teriyaki Chicken Rice & Carrots Cheesy Wheel* & Marinara Get Healthy Salad Bar	21 Turkey & Cheese Nachos Grilled Cheese Sandwich* Get Healthy Salad Bar	22  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee Get Healthy Salad Bar
25 Beef Taco Stick & Salsa Bean & Cheese Burrito* & Salsa Get Healthy Salad Bar	26 Turkey Nada & Salsa Cheese Enchilada* & Salsa Get Healthy Salad Bar	27 Mini Cheeseburgers Cheese Bread Sticks* Get Healthy Salad Bar	28 Chicken Taco & Salsa Grilled Cheese Sandwich* Get Healthy Salad Bar	29  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee Get Healthy Salad Bar

Ala-carte items for sale: Water \$0.50 & \$1.50

Enjoy a Healthy Salad Bar

At least one item from each USDA Vegetable Subgroups will be available to students everyday!

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.

Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.

Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.

Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.

Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

Milk = 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry

Fuel up to Learn Breakfast (Hot Chocolate available for \$1.00)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Muffins & Cheese Stick* Fruit and Juice Cold Cereal & Milk	Breakfast Croissant Fruit and Juice Cold Cereal & Milk	Breakfast Burrito Fruit and Juice Cold Cereal & Milk	English Muffin Sandwich Fruit and Juice Cold Cereal & Milk	Dutch Waffle* Fruit and Juice Cold Cereal & Milk

***Other Vegetarian Options Available Daily at Lunch:**

- Grilled Cheese Sandwich
- Wow Butter & Jelly Sandwich
- Yogurt & Granola



BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% juice, and milk
LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50 (small) & \$1.50 (large)
 Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY