

March is National Nutrition Month
Celebrate with Nutritious School Meals

MARCH 2019
 Beeman Elementary School

Sara Little, Manager
 Tammy Jewett, Assistant

Monday

Tuesday

Wednesday

Thursday

Friday

PRICES
 Breakfast - \$1.25
 Paid Lunch Meal \$2.70
 Reduced and Free Lunch - FREE
 Milk w/o a meal - \$.65
 Adult Breakfast \$2.50 Adult Lunch \$5.00

Hamburger, Cheeseburger Or Veggie Burger 1
 Baked French Fries
 Carrot and Celery Sticks
 Ranch Dip
 Fresh Fruit and Veggie Bar
 Milk

Cheese Quesadillas Or Chicken and Cheese Quesadillas 4
 Roasted Green Beans
 Carrot Sticks **** Brown Rice
 Salsa and Sour Cream
 Fresh Fruit and Veggie Bar
 Milk

Hearty Beef Chili Bowl Or Veggie Chili 5
 With Cheddar Cheese
 Cornbread
 Carrot Salad with Craisins
 Buttery Corn
 Fresh Fruit and Veggie Bar
 Milk

PIZZA DAY 6
 Cheese, Pepperoni, or Veggie Pizza
 Kale Caesar Salad
 Peas
 Fresh Fruit and Veggie Bar
 Milk

EARLY RELEASE DAY 7
 Whole Grain Soft Pretzel
 Hummus
 Cheese Stick
 Carrot, Celery & Pepper Sticks with Dip
 Whole Grain Goldfish
 Apple
 Milk

NO SCHOOL 8
 Parent Conferences

Cheesy Breadsticks With Marinara Sauce 11
 Green Peas
 Honey Carrot Coins
 Fresh Fruit and Veggie Bar
 Milk

Chicken Tenders with Sweet and Sassy Dipping Sauce Or Crispy Tofu Tenders 12
 Roasted Parsnip Chips
 Blueberry Muffin
 Fresh Fruit and Veggie Bar
 Milk

BREAKFAST FOR LUNCH 13
 Yogurt and Fruit Parfait
 Homemade Granola
 Waffle Sticks with Maple Syrup
 Harvest Home Fries
 Fresh Fruit and Veggie Bar
 Milk

Beef Stew with Potato and Carrot 14
 Whole Grain Buttery Biscuit
 Corn
 Garlicky Spinach and Swiss Chard
 Fresh Fruit and Veggie Bar
 Pumpkin "Pi"
 Milk

Baked Potato 15
 Cheddar Cheese Sauce
 Baked Beans
 Green Beans
 Butternut Cranberry Bread
 Fresh Fruit and Veggie Bar
 Milk

Grilled Cheese 18
 Tomato Soup
 Cucumbers and Carrot Slices
 Graham Crackers
 Fresh Fruit and Veggie Bar
 Milk

Terriyaki Meatballs 19
 Brown Rice
 Eggroll
 Stir Fried Carrots & Green Beans
 Fresh Fruit and Veggie Bar
 Milk

PIZZA DAY 20
 Cheese, Pepperoni, or Veggie Pizza
 Spinach Salad
 Fresh Fruit and Veggie Bar
 Milk

Pasta Carbonara 21
 (Ham and Peas in a cream Sauce with Rotini)
 Steamed Broccoli
 Fresh Fruit and Veggie Bar
 Milk

Turkey Bacon Cheddar or Roasted Veggie Wrap on WW Tortilla 22
 Coleslaw
 Carrot Coins with Ranch Dip
 Pretzels
 Fresh Fruit and Veggie Bar
 Milk

Ravioli with Marinara Sauce 25
 Tender Asparagus
 Peas
 Garlic Knot
 Fresh Fruit and Veggie Bar
 Milk

Nachos with Mexican Chicken 26
 Cheese Sauce
 Rice
 Corn
 Salsa and Sour Cream
 Fresh Fruit and Veggie Bar
 Milk

Shepherd's Pie With Mashed Potatoes 27
 Steamed Broccoli
 Whole Grain Biscuit
 Fresh Fruit and Veggie Bar
 Milk

General Tso's Chicken 28
 Brown Rice
 Stir Fried Peppers, Carrots and Green Beans
 Fresh Fruit and Veggie Bar
 Milk

NO SCHOOL 29
 Professional Development

Alternative Meal
A daily alternative to the main entrée
 M, W, F – Bagel and Cream Cheese w/ 4 oz. Yogurt
 T, Th – Peanut Butter & Jelly Sandwich

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