

March 2019 National Nutrition Month

DAILY MEALS

It's all about healthy choices!

MAIN EVENT

A homemade hot entrée with vegetable and grain sides as well as fruit. (See Menu)

THE GRILL

An alternate meal option served with a vegetable side & fruit. (See Menu)

GRAB & GO

A faster option of pre-made sandwiches, salads, yogurt parfaits, & smoothies served w/ fruit.

SALAD CENTRAL

Make a meal from the Fresh Fruit & Veggie Bar by adding a protein & a grain.

Meal Prices

Breakfast - \$1.50

Lunch \$3.25 **NEW**

Adult Meals \$5.00

All students eligible for free meals have one breakfast & one lunch **NO CHARGE!**

We want *everyone* at the table.

Apply for Free & Reduced Meals TODAY! Easy, confidential application.

Go to:

www.mausd-anwsdnutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 General Tso's Chicken Rice Pilaf Egg Roll Cabbage & Carrot Saute	26 Sloppy Joes Lentil Sloppy Joes WW Bun Creamy Cole Slaw Sweet Corn Baked Beans	27 Cheese or Pepperoni Calzone w/Marinara Sauce Caesar Salad	28 Hot Turkey Sandwich WW Bread Mashed Potatoes Butternut Squash Puree Cranberry Sauce	1 Pasta Primavera Cheesy Bread Stick Mediterranean Chickpea Salad Steamed Spinach Tabouleh
Build Your Burger	Italian Pasta Bar	Deli Bar	Baked Potato Bar	Grilled Panini
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
4 Creamy Macaroni & Cheese WW Dinner Roll Steamed Broccoli Baked Beans	5 Homemade Shepherd's Pie With Corn, Carrots and Potatoes WW Dinner Roll	6 Big Daddy's Pizza Cheese, Pepperoni and Specialty Pizza Caesar Salad	7 Early Release Day Grab and Go Sandwich Veggie Sticks Fresh Fruit Pretzels	8 NO SCHOOL
Build Your Burger	Italian Pasta Bar	Deli Bar	Grab & Go	
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
11 Chicken Tetrazzini Carrot Soufflé Roasted Green Beans Herbed Focaccia	12 Honey-Lemon Chicken Garlic Mashed Potato Steamed Broccoli WW Dinner Roll Tabouleh	13 Cheesy Bread Sticks Marinara Sauce Penne Pasta Caesar Salad w/ Romaine Lettuce	14 Ground Beef Stroganoff w/Fettuccini Sweet Tender Peas Roasted Cauliflower WW Dinner Roll	15 Italian Meatball Sub or Greek Falafel w/ Tzatziki Sauce Mediterranean Beans Corn
Build Your Burger	Italian Pasta Bar	Deli Bar	Baked Potato Bar	Grilled Panini
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
18 Chicken Parmesan Cheesy Bread Sticks Penne Pasta Steamed Broccoli	19 General Taos Chicken Fried Brown Rice Stir Fry Carrot, Cabbage & Green Bean	20 Big Daddy's Pizza Cheese, Pepperoni and Specialty Pizza Caesar Salad	21 Brunch for Lunch Scrambled Eggs French Toast Sticks Sausage Links Roasted Roots	22 Pork Carnitas WW Tortilla Lime Cilantro Coleslaw Rice and Beans
Build Your Burger	Italian Pasta Bar	Deli Bar	Mexican Taco Bar	Stir Fry Station
FRESH FRUIT AND VEGGIE BAR WITH EVERY MEAL, EVERY DAY!				
25 American Goulash Honey Glazed Carrots WW Dinner Roll	26 Breaded Chicken Tenders Cornbread Mashed Potatoes Steamed Broccoli	27 Cheese or Pepperoni Calzone w/Marinara Sauce Caesar Salad w/ Romaine Lettuce	28 Golden Grilled Cheese Grilled Ham & Cheese Tomato Tortellini Soup Sweet Peas	29 NO SCHOOL
Build Your Burger	Italian Pasta Bar	Deli Bar	Baked Potato Bar	Grilled Panini

! BREAKFAST EVERY DAY !
A Smart Start for Growing Minds

Daily Breakfast Bar in the cafeteria and a travelling Breakfast Kiosk offer homemade muffins, breakfast bars, bagels w/cream cheese, fresh fruit, yogurt, granola, or parfaits and smoothies, and hearty egg sandwiches. **Don't start your day without it.**

VISIT US AT:

www.mausd-anwsdnutrition.com

Menus, Nutrition Information
Free & Reduced Meal Applications

PAY FOR MEALS AT:

www.MySchoolBucks.com

USDA is an equal opportunity provider and employer.

We source fresh produce, eggs, beef and chicken from many of our Addison County farmer partners!