

# March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

- Cheese Pizza (30g Carbs)
- Pepperoni Pizza (34g Carbs)
- All American Sandwich (32g Carbs)
- Tater Tots (19g Carbs)
- Broccoli (3g Carbs)
- Salad Mix (1g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Applesauce (16g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

4

5

6

7

8

- Ham & Cheese Sandwich (32g Carbs)
- Baby Carrots (7g Carbs)
- Salad Mix (1g Carbs)
- Bananas (27g Carbs)
- Mandarin Oranges (17g Carbs)
- Jicama Sticks (5g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- **Chicken Nuggets w/Roll**
- Homemade Roll (27g Carbs)
- Chicken Nuggets (16g Carbs)
- Beef Taco Salad (10g Carbs)
- Round Tortilla Chips (20g Carbs)

- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- All American Sandwich (32g Carbs)
- Homemade Marinara Sauce (14g Carbs)
- Salad Mix (1g Carbs)
- Fresh Pears (23g Carbs)
- Sliced Peaches (14g Carbs)
- Diced Apricots (14g Carbs)
- Tropical Fruit Salad (24g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

- Teriyaki Beef Dippers w/Rice (69g Carbs)
- Cheeseburger (24g Carbs)
- Bologna & Cheese Sandwich (36g Carbs)
- Baby Carrots (7g Carbs)
- Tater Tots (19g Carbs)
- Edamame (4g Carbs)
- Salad Mix (1g Carbs)
- Oranges (25g Carbs)
- Applesauce (16g Carbs)
- Mixed Fruit (15g Carbs)
- Cubed Cantaloupe (7g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

- Cheese Pizza (30g Carbs)
- Pepperoni Pizza (34g Carbs)
- Rib BQ Sandwich (34g Carbs)
- All American Sandwich (32g Carbs)
- BBQ Baked Beans (29g Carbs)
- Broccoli (3g Carbs)
- Salad Mix (1g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Applesauce (16g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

11

12

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14

15

- Corn Dog (30g Carbs)
- Perfect Pizza Sub (19g Carbs)
- Turkey & Cheese Sandwich (31g Carbs)
- Cherry Tomatoes (2g Carbs)
- Black Beans (18g Carbs)
- Salad Mix (1g Carbs)
- Red Apples (25g Carbs)
- Sliced Pears (15g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

- Chicken Parmesan Sandwich (38g Carbs)
- Ham & Cheese Sandwich (32g Carbs)
- Baby Carrots (7g Carbs)
- Salad Mix (1g Carbs)
- Bananas (27g Carbs)
- Mandarin Oranges (17g Carbs)
- Jicama Sticks (5g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- **Beef Taco Salad**
- Beef Taco Salad (10g Carbs)
- Homemade Roll (27g Carbs)
- Round Tortilla Chips (20g Carbs)

- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- All American Sandwich (32g Carbs)
- Homemade Marinara Sauce (14g Carbs)
- Salad Mix (1g Carbs)
- Fresh Pears (23g Carbs)
- Sliced Peaches (14g Carbs)
- Diced Apricots (14g Carbs)
- Tropical Fruit Salad (24g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

- Hot Dog (23g Carbs)
- Bologna & Cheese Sandwich (36g Carbs)
- Baby Carrots (7g Carbs)
- Broccoli (3g Carbs)
- Tater Tots (19g Carbs)
- Salad Mix (1g Carbs)
- Oranges (25g Carbs)
- Applesauce (16g Carbs)
- Mixed Fruit (15g Carbs)
- Cubed Cantaloupe (7g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- **Spaghetti & Bolognese Sau**
- Spaghetti w/ Bolognese Sauce (27g Carbs)
- Homemade Roll (27g Carbs)

- Cheese Pizza (30g Carbs)
- Pepperoni Pizza (34g Carbs)
- Mac & Cheese (36g Carbs)
- All American Sandwich (32g Carbs)
- Green Beans (4g Carbs)
- Salad Mix (1g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Applesauce (16g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

18	19	20	21	22
<ul style="list-style-type: none"> <li>Grilled Cheese Sandwich w/ Chili (48g Carbs)</li> <li>Turkey &amp; Cheese Sandwich (31g Carbs)</li> <li>Sliced Cucumbers (2g Carbs)</li> <li>Broccoli (3g Carbs)</li> <li>Salad Mix (1g Carbs)</li> <li>Green Apple (21g Carbs)</li> <li>Sliced Pears (15g Carbs)</li> <li>Seedless Grapes (8g Carbs)</li> <li>Pineapple Chunks (22g Carbs)</li> <li>Assorted Fruit Juice (14g Carbs)</li> <li>Fat Free Chocolate Milk (20g Carbs)</li> <li>1% White Milk (13g Carbs)</li> </ul> <b>Chicken Nuggets w/Roll</b> <ul style="list-style-type: none"> <li>Homemade Roll (27g Carbs)</li> <li>Chicken Nuggets (16g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Cheeseburger (24g Carbs)</li> <li>Ham &amp; Cheese Sandwich (32g Carbs)</li> <li>Baby Carrots (7g Carbs)</li> <li>BBQ Baked Beans (29g Carbs)</li> <li>Salad Mix (1g Carbs)</li> <li>Bananas (27g Carbs)</li> <li>Mandarin Oranges (17g Carbs)</li> <li>Jicama Sticks (5g Carbs)</li> <li>Assorted Fruit Juice (14g Carbs)</li> <li>Fat Free Chocolate Milk (20g Carbs)</li> <li>1% White Milk (13g Carbs)</li> </ul> <b>Beef Taco Salad</b> <ul style="list-style-type: none"> <li>Homemade Roll (27g Carbs)</li> <li>Beef Taco Salad (10g Carbs)</li> <li>Round Tortilla Chips (20g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza Ripper (32g Carbs)</li> <li>Pepperoni Pizza Ripper (27g Carbs)</li> <li>All American Sandwich (32g Carbs)</li> <li>Homemade Marinara Sauce (14g Carbs)</li> <li>Salad Mix (1g Carbs)</li> <li>Fresh Pears (23g Carbs)</li> <li>Sliced Peaches (14g Carbs)</li> <li>Diced Apricots (14g Carbs)</li> <li>Tropical Fruit Salad (24g Carbs)</li> <li>Assorted Fruit Juice (14g Carbs)</li> <li>Fat Free Chocolate Milk (20g Carbs)</li> <li>1% White Milk (13g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken &amp; Broccoli Alfredo (53g Carbs)</li> <li>Corn Dog (30g Carbs)</li> <li>Bologna &amp; Cheese Sandwich (36g Carbs)</li> <li>Baby Carrots (7g Carbs)</li> <li>Tater Tots (19g Carbs)</li> <li>Peas (11g Carbs)</li> <li>Salad Mix (1g Carbs)</li> <li>Oranges (25g Carbs)</li> <li>Applesauce (16g Carbs)</li> <li>Mixed Fruit (15g Carbs)</li> <li>Cubed Cantaloupe (7g Carbs)</li> <li>Assorted Fruit Juice (14g Carbs)</li> <li>Fat Free Chocolate Milk (20g Carbs)</li> <li>1% White Milk (13g Carbs)</li> </ul>	
25	26	27	28	29
		<ul style="list-style-type: none"> <li>Cheese Pizza Ripper (32g Carbs)</li> <li>Pepperoni Pizza Ripper (27g Carbs)</li> <li>All American Sandwich (32g Carbs)</li> <li>Homemade Marinara Sauce (14g Carbs)</li> <li>Salad Mix (1g Carbs)</li> <li>Fresh Pears (23g Carbs)</li> <li>Sliced Peaches (14g Carbs)</li> <li>Diced Apricots (14g Carbs)</li> <li>Tropical Fruit Salad (24g Carbs)</li> <li>Assorted Fruit Juice (14g Carbs)</li> <li>Fat Free Chocolate Milk (20g Carbs)</li> <li>1% White Milk (13g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Orange Chicken w/ Rice Bowl (71g Carbs)</li> <li>Hot Dog (23g Carbs)</li> <li>Bologna &amp; Cheese Sandwich (36g Carbs)</li> <li>Broccoli (3g Carbs)</li> <li>Baby Carrots (7g Carbs)</li> <li>Tater Tots (19g Carbs)</li> <li>Edamame (4g Carbs)</li> <li>Salad Mix (1g Carbs)</li> <li>Oranges (25g Carbs)</li> <li>Applesauce (16g Carbs)</li> <li>Mixed Fruit (15g Carbs)</li> <li>Cubed Cantaloupe (7g Carbs)</li> <li>Assorted Fruit Juice (14g Carbs)</li> <li>Fat Free Chocolate Milk (20g Carbs)</li> <li>1% White Milk (13g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Pizza (30g Carbs)</li> <li>Pepperoni Pizza (34g Carbs)</li> <li>Mac &amp; Cheese (36g Carbs)</li> <li>All American Sandwich (32g Carbs)</li> <li>Green Beans (4g Carbs)</li> <li>Salad Mix (1g Carbs)</li> <li>Seedless Grapes (8g Carbs)</li> <li>Pineapple Chunks (22g Carbs)</li> <li>Applesauce (16g Carbs)</li> <li>Assorted Fruit Juice (14g Carbs)</li> <li>Fat Free Chocolate Milk (20g Carbs)</li> <li>1% White Milk (13g Carbs)</li> </ul>

**Condiments:** Ketchup (5g Carbs), Mustard (0g Carbs) Italian Dressing (3g Carbs), Ranch Dressing (7g Carbs), French Dressing (8g Carbs)

**Assorted Milk:** 1% White Milk (13g Carbs), Fat Free Chocolate Milk (20g Carbs)

**Fruits & Vegetables Offered:** Tater Tots (19g Carbs), Cherry Tomatoes (2g Carbs), Sliced Black Olives (1g Carbs), Salad Mix (1g Carbs), Sliced Jalapenos (2g Carbs), Dill Pickle Chips (0g Carbs), Sliced Tomatoes (7g Carbs), Sliced Red Onions (3g Carbs), Diced Red Onions (4g Carbs), Broccoli (3g Carbs), Sliced Cucumbers (16g Carbs), Baby Carrots (10g Carbs), Homemade Marinara Sauce (14g Carbs), BBQ Baked Beans (29g Carbs), Edamame (4g Carbs), Zucchini (2g Carbs), Sweet Potato Fries (22g Carbs), Green Beans (4g Carbs), Sliced Green Peppers (1g Carbs), Black Beans (18g Carbs), PRODUCE, CELERY, STICK, 4" (2g Carbs), Red Apples (31g Carbs), Green Apple (21g Carbs), Sliced Pears (15g Carbs), Seedless Grapes (8g Carbs), Pineapple Chunks (22g Carbs), Bananas (27g Carbs), Mandarin Oranges (17g Carbs), Fresh Pears (23g Carbs), Sliced Peaches (14g Carbs), Diced Apricots (14g Carbs), Oranges (25g Carbs), Applesauce (16g Carbs), Mixed Fruit (15g Carbs), Cubed Cantaloupe (13g Carbs)

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