

Elementary March Lunch Menu

Lauren Williams
 nutritiongroup@leighton.org
 610-377-4490 ex. 2200



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily




*Vegetables may include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings

*Fruits may include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<p>The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</p>	<p><i>Spinach Pasta Salad</i></p>  <p> Whole Grains Available Daily</p>	<p>March is National Nutrition Month! Look and listen for announcements regarding Nutrition Education Lessons and a visit from Molly or Calvin the Cow!</p>	<p>3/1 Baked Lasagna Garlic Bread Broccoli Florets Cherry Applesauce Low Fat Milk</p>	<p>3/2 Dr. Seuss Birthday! Pierogies with Melted Butter Slice of Bread Green Beans Blue Fish Jell-O with Fruit! Low Fat Milk</p>	<p>Week 1 Breaded Chicken Salad with Bread Italian Hoagie</p>
<p>3/5 Chicken Patty on a Bun Steamed Carrots Pineapple Tidbits Low Fat Milk</p>	<p>3/6 Grilled Cheese Tomato Soup Steamed Broccoli Mixed Fruit Low Fat Milk</p>	<p>3/7 French Toast Sticks with Maple Syrup Sausage Patty Tater Tots Assorted Juice Low Fat Milk</p>	<p>3/8 Walking Tacos with Toppings Slice of Bread Refried Beans Sweet Corn Flavored Applesauce Low Fat Milk</p>	<p>3/9 Breaded Cheese Sticks with Marinara Sauce Cinnamon Bites Green Beans Sweet Peaches Low Fat Milk</p>	<p>Week 2 Chicken Popper Salad with Slice of Bread Turkey and Cheese Sandwich</p>
<p>3/12 No School!</p>	<p>3/13 Corn Dog Nuggets Baked Beans Mixed Fruit Low Fat Milk</p>	<p>3/14 Popcorn Chicken Bites with BBQ or Hot Sauce Slice of Bread Sweet Potato Fries Sweet Peaches Low Fat Milk</p> 	<p>3/15 Super Nachos with Cheese and Toppings Slice of Bread Refried Beans Sweet Corn Pineapple Tidbits Low Fat Milk</p>	<p>3/16 Fish Sticks with Bread French Fries GO FOR THE GREENS! Broccoli Florets Lime Applesauce Low Fat Milk</p>	<p>Week 3 Taco Salad with Slice of Bread Ham and Cheese Munchable!</p>
<p>3/19 Sweet and Sour Chicken with White Rice Broccoli Florets Sweet Peaches Low Fat Milk</p>	<p>3/20 Sloppy Joe on a Bun Homemade Baked Beans Fruited Jell-O with Pears Low Fat Milk</p>	<p>3/21 Holiday Meal! Baked Ham with Mashed Potatoes and Gravy Dinner Roll 100% Juice Holiday Treat Pudding! Low Fat Milk</p>	<p>3/22 Hard or Soft Tacos with Assorted Toppings Slice of Bread Sweet Corn Pineapple Tidbits Low Fat Milk</p>	<p>3/23 Macaroni and Cheese Slice of Bread Stewed Tomatoes Green Beans Cinnamon Applesauce Low Fat Milk</p>	<p>Week 4 Chef Salad with Slice of Bread Crispy Chicken Wrap</p>
<p>3/26 Fresh Baked Italian Dunkers Marinara Sauce Steamed Peas Diced Peaches Low Fat Milk</p>	<p>3/27 Pasta with Meatballs Slice of Bread Broccoli Florets Mixed Fruit Low Fat Milk</p>	<p>3/28 Popcorn Chicken Bowl Slice of Bread Mashed Potatoes with Gravy Steamed Corn Sweet Peaches Low Fat Milk</p>	<p>3/29 Ham and Cheese Melt on Pretzel Roll Glazed Carrots Flavored Applesauce Low Fat Milk</p>	<p>3/30 No School!</p>	<p>Week 5 Breaded Chicken Salad with Slice of Bread Nacho's Munchable</p>
<p>Monday Hot Dog on a Bun</p>	<p>Tuesday Chicken Sticks with Bread</p>	<p>Wednesday Cheeseburger on a Bun</p>	<p>Thursday Chicken Nuggets with Bread</p>	<p>Friday Homemade Cheese Pizza</p>	<p>Lunch Prices: Paid \$2.30 Reduced \$0.40</p>