

# Elementary Lunch Menu

# MARCH

ENTREES OFFERED DAILY: PB&J Uncrustable (WOWButter & Jelly @ La Mesa Dale & Murray Manor), Assorted 4 oz Low Fat Yogurt with Graham Crackers

OFFERED DAILY: 100% Juice, NF Chocolate Milk, 1% White Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <b>*PIZZA DAY: Sparrow Academy</b>  <b>Chicken Corn Dog</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Carrot Sticks                      Corn                      Fresh Romaine Lettuce                      Fresh Apple                      Mozzarella String Cheese</p>	<p>4 <b>*PIZZA DAY: Bancroft &amp; Fletcher Hills</b>  <b>Chicken Nuggets</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Romaine Lettuce                      Cherry Tomatoes                      Fresh Orange Wedges                      Raisins                      Mozzarella String Cheese</p>	<p>5 <b>*PIZZA DAY: Casa De Oro &amp; Murdock</b>  <b>Spaghetti with Beef Meat Sauce</b>  <b>Turkey &amp; Cheese Sub Sandwich</b>                      Cucumber Slices                      Fresh Romaine Lettuce                      Fresh Banana                      Diced Peaches                      Whole Wheat Dinner Roll</p>	<p>6 <b>*PIZZA DAY: Rolando &amp; Sweetwater Springs</b>  <b>Beef Cheeseburger</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Carrot Sticks                      Green Beans                      Fresh Romaine Lettuce                      Farm to School Fruit of the Week:                      Golden Nugget Tangerine                      Classic Pasta Salad                      Mozzarella String Cheese</p>	<p>7 <b>Macaroni Cheese</b>  <b>Pizza Protein Bistro Box</b>                      Pinto Beans                      Caesar Salad                      Fresh Celery Sticks                      Blueberries                      Mozzarella String Cheese                      Whole Wheat Dinner Roll</p>
<p>10 <b>*PIZZA DAY: Sparrow Academy</b>  <b>Beef &amp; Cheese Taquitos</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Apple                      Black Beans                      Elote Corn Salad                      Fresh Romaine Lettuce                      Pico De Gallo                      Shredded Cheddar Cheese</p>	<p>11 <b>*PIZZA DAY: La Presa Elem &amp; Maryland Ave</b>  <b>Cheese French Bread Pizza</b>  <b>Pepperoni French Bread Pizza</b>  <b>Turkey &amp; Cheese Sub Sandwich</b>                      Fresh Romaine Lettuce                      Cherry Tomatoes                      Fresh Orange Wedges                      Raisins                      Mozzarella String Cheese</p>	<p>12 <b>*PIZZA DAY: Loma &amp; Murray Manor</b>  <b>Mandarin Orange Chicken</b>                      with Brown Rice  <b>Pizza Protein Bistro Box</b>                      Cucumber Slices                      Fresh Romaine Lettuce                      Fresh Banana                      Diced Peaches                      Whole Wheat Dinner Roll</p>	<p>13 <b>*PIZZA DAY: La Mesa Dale &amp; Lemon Ave</b>  <b>Crispy Chicken Sandwich</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Carrot Sticks                      Green Beans                      Fresh Romaine Lettuce                      Farm to School: Fruit of the Week                      Mozzarella String Cheese                      Classic Pasta Salad</p>	<p>14 <b>NACHOS</b>                      Nacho Cheese Sauce                      with Vegetarian Refried Beans                      Tortilla Chips  <b>Pizza Protein Bistro Box</b>                      Pinto Beans                      Caesar Salad                      Fresh Celery Sticks                      Blueberries                      Mozzarella String Cheese                      Whole Wheat Dinner Roll</p>
<p>17 <b>*PIZZA DAY: Avondale &amp; Sparrow</b>  <b>Italian Style Beef Meatballs in Marinara Sauce</b>                      with Texas Toast  <b>ST. PATRICKS DAY GREEN SALAD BAR</b>                      Green Apples                      Fresh Broccoli Florets                      Cucumber Slices                      Green Beans                      Fresh Romaine Lettuce                      Mozzarella String Cheese</p>	<p>18 <b>*PIZZA DAY: Highlands &amp; Rancho</b>  <b>BRUNCH FOR LUNCH</b>                      Whole Grain Maple Waffles                      Chicken Sausage  <b>Pizza Protein Bistro Box</b>                      Mozzarella String Cheese                      Fresh Romaine Lettuce                      Cherry Tomatoes                      Fresh Orange Wedges                      Raisins</p>	<p>19 <b>*PIZZA DAY: Kempton &amp; Northmont</b>  <b>Chicken Alfredo Pasta</b>  <b>Pizza Protein Bistro Box</b>                      Cucumber Slices                      Fresh Romaine Lettuce                      Fresh Banana                      Diced Peaches                      Whole Wheat Dinner Roll</p>	<p>20 <b>*PIZZA DAY: Bancroft &amp; Fletcher Hills</b>  <b>All Beef Hot Dog</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Carrot Sticks                      Green Beans                      Fresh Romaine Lettuce                      Farm to School: Fruit of the Week                      Mozzarella String Cheese                      Classic Pasta Salad</p>	<p>21 <b>Baja Fish Sticks</b>                      with Cheddar Goldfish Crackers  <b>Pizza Protein Bistro Box</b>                      Pinto Beans                      Caesar Salad                      Fresh Celery Sticks                      Blueberries                      Mozzarella String Cheese                      Whole Wheat Dinner Roll</p>
<p>24 <b>*PIZZA DAY: Sparrow Academy</b>  <b>Chicken Corn Dog</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Carrot Sticks                      Corn                      Fresh Romaine Lettuce                      Fresh Apple                      Mozzarella String Cheese</p>	<p>25 <b>*PIZZA DAY: Casa De Oro &amp; Murdock</b>  <b>Chicken Nuggets</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Romaine Lettuce                      Cherry Tomatoes                      Fresh Orange Wedges                      Raisins                      Mozzarella String Cheese</p>	<p>26 <b>*PIZZA DAY: Rolando &amp; Sweetwater Springs</b>  <b>Spaghetti with Beef Meat Sauce</b>  <b>Turkey &amp; Cheese Sub Sandwich</b>                      Cucumber Slices                      Fresh Romaine Lettuce                      Fresh Banana                      Diced Peaches                      Whole Wheat Dinner Roll</p>	<p>27 <b>*PIZZA DAY: La Presa Elem &amp; Maryland Ave</b>  <b>Beef Cheeseburger</b>  <b>Pizza Protein Bistro Box</b>                      Fresh Carrot Sticks                      Green Beans                      Fresh Romaine Lettuce                      Farm to School: Fruit of the Week                      Mozzarella String Cheese                      Classic Pasta Salad</p>	<p>28 <b>Macaroni Cheese</b>  <b>Pizza Protein Bistro Box</b>                      Pinto Beans                      Caesar Salad                      Fresh Celery Sticks                      Blueberries                      Mozzarella String Cheese                      Whole Wheat Dinner Roll</p>
<p>31 <b>*PIZZA DAY: Sparrow Academy</b>  <b>BUILD YOUR OWN TACO BOWL</b>                      Taco Seasoned Ground Beef                      or Meatless Lentil Crumbles                      with Baked Flour Tortilla Bowl  <b>Pizza Protein Bistro Box</b>                      Fresh Apple                      Black Beans                      Elote Corn Salad                      Pico De Gallo                      Fresh Romaine Lettuce                      Shredded Cheddar Cheese</p>				

## LUNCH PRICES:

Student Lunch Price: FREE

Adult Lunch Price: \$4.75

Individual Milk, Fruit, Veg and/or Juice: \$0.50 each\*

Extra Pizza Slice: \$2.00 each

2nd Entree: \$1.50 each

\*One Lunch Entree, one Milk, one Juice & all Fruits and Vegetables from our salad bar are FREE if taken as part of a complete lunch meal. Students will be required to pay for the purchase of single items if they are taken without a complete meal.

Payments: Cash & Check are accepted in person; Payments using credit or debit card can be made online @ [www.schoolcafe.com](http://www.schoolcafe.com)

## What Makes A Healthy Lunch?

THE 5 MEAL COMPONENTS FOR SCHOOL LUNCH



Choose at least 3 including:

- 1/2 Cup of Fruit or Vegetable
- At Least 2 Other Food Groups

For best nutrition, CHOOSE ALL 5! (some foods may equal 2 components)