Ellwood Elementary School Lunch Menu
March 2019

2/25/19	2/26/19	2/27/19	2/28/19	3/1/19
French Toast Slices Ham Patty	Nacho Grande w/ Tortilla Chipps	Chicken Mash Potato Bowl with Whole Grain Roll	Pasta & Meatballs Bread Sticks	Cheesy Pizza Slice
Cheese Burger on a wg Bun	Buffalo Chicken Dip w/ Tortilla Chips	Salisbury Steak with Whole Grain Roll	Turkey Hotdog on a wh Bun	Steak and Cheese on a wg Bun
Featured Veggies: Baby Carrots Hash Brown Potato	Featured Veggies: Green Peas Lettuce and Tomato Cup	Featured Veggies: Mashed Potato Yellow Corn	Featured Veggies: Green Beans Cucumber Slices	Featured Veggies: Parsleyed and Buttered Potatoes Celery Sticks
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk
This Week's Craveable…Meat and Cheese Cubes Tray				

3/4/19	3/5/19	Ash Wednesday	3/7/19	3/8/19
Sloppy Joe on a Bun	Beef Taco In Flour Tortilla	Cheddar Mac and Cheese with Tuna	Asian Stir Fried Chicken Brown Rice	Potato Cheddar Filled Pieogies
Jumbo Corn Dog	Chicken Taco In Flour Tortilla	Toasted Cheese Sandwich	Jazzed up Fries w/ BBQ Pork	Fish Sticks w/ Dinner Roll
Featured Veggies: Green Beans Baby Carrots	Featured Veggies: Seasoned Bean Dip Lettuce and Tomato Cup	Featured Veggies: French Fries Cucumber Slices	Featured Veggies: Celery Sticks Green Peas	Featured Veggies: Steamed Broccoli Baby Corn
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk
This Week's Craveable…Yogurt Cheese Stick Combo				

3/11/19	3/12/19	3/13/19	3/14/19	3/15/19
French Toast Sticks Sausage Patty	Nacho Grande w/ Tortilla Chipps	Chicken Mash Potato Bowl with Whole Grain Roll	Pasta & Meatballs Bread Sticks	Cook's Choice entrée
Pulled BBQ Pork on a Bun	Turkey Hot Dog on a wg Bun	Beefy Shepkerd's Pie Bowl	Chicken Patty on a wg Bun	Cook's Choice entrée
Featured Veggies: Baby Carrots Hash Brown Potato	Featured Veggies: Green Peas Lettuce and Tomato Cup	Featured Veggies: Mashed Potato Yellow Corn	Featured Veggies: Caesar Salad Buttered Carrots	Featured Hot Vegetable Featured Fresh Vegetable
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk
This Week's Craveable…Build your Own Pizza Kit				

3/18/19	3/19/19	1st DAY OF SPRING	#VALUE!	#VALUE!
Italian Meatballs & Cheese On a wg Bun	Walking Taco w/ Doritos	Grilled Chicken Breast Sandwich	Buffalo Chicken Mac and Cheese Dinner Roll	Toasted Cheese Sandwich
Chicken Nachos w/ Tortilla Chips	Tot-Chos Taco Meat + Cheese over Tater Tots	American Cheese Dogs on a Bun	BBQ Pulled Pork on a Bun	French Bread Pizza
Featured Veggies: Green Peas Green Pepper Strips	Featured Veggies: Lettuce and Tomato Cup Tater Tots	Featured Veggies: Potato Salad Baked Beans	Featured Veggies: Italian Salad Celery Sticks	Featured Veggies: Tomato Soup Green Beans
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk
This Week's Craveable…Ham and Cheese Taco Kit				

NATIONAL WAFFLE DAY	3/26/19	3/27/19	3/28/19	3/29/19
Belgian Waffle Fruit Topping	Nacho Grande w/ Tortilla Chipps	Chicken Mash Potato Bowl with Whole Grain Roll	Pasta & Meatballs Bread Sticks	Tuna and Noodle Casserole
Dutch Waffles Sausage Links	Buffalo Chicken Dip w/ Tortilla Chips	Salisbury Steak with Whole Grain Roll	Turkey Hotdog on a wh Bun	Cheesy Pizza
Featured Veggies: Baby Carrots Hash Brown Potato	Featured Veggies: Green Peas Lettuce and Tomato Cup	Featured Veggies: Mashed Potato Yellow Corn	Featured Veggies: Green Beans Cucumber Slices	Featured Veggies: Green Peas Celery Sticks
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk
This Week's Craveable…Meat and Cheese Cubes Tray				

What is a Meal?

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

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, fat-free white and fat-free chocolate

Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Starchy - white potatoes, corn, peas, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, mellon, strawberries, applesauce, pineapple and mandarin oranges

Leave Your Lunch Box at Home

Daily entrée options may include:

Garden Salad with Whole Wheat Roll

Metz Craveables

Chicken Nuggets

Student Paid Lunch $2.05 **Student Reduced Lunch $0.40** **Adult Lunch $3.10**

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