



**Mark Twain
Lunch
Menu 2018**



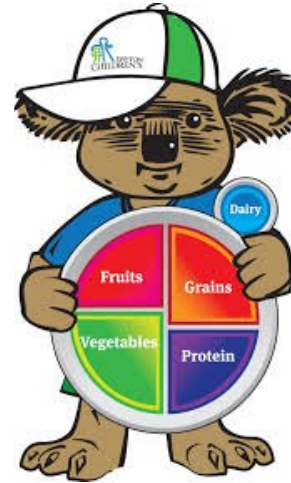
March is National Nutrition Month



**All Grain Products are either
Whole Grain or 51% Whole Wheat**

* = Food
Contains Pork

**Menu is subject
to change.**



March 1

Grilled Cheese Sandwich
Refried Beans
Chilled Sliced Peaches

March 2

Chicken Tenders (4 pcs)
Mashed Sweet Potatoes
Chilled Mixed Fruit

Available Daily

Lunch

All lunch meals are served with choices from the fresh fruit & vegetable bar with produce from locally grown farms including dark green, red/orange, starchy vegetables & legumes, 1% low-fat white milk or fat-free chocolate milk.

March 5

Hamburger
Mashed Potatoes
Chilled Sliced Peaches
Baked TGIFriday's Cheese Fries

March 6

Grilled Cheese Sandwich
Mashed Sweet Potatoes
Fresh Banana

March 7

Spaghetti with Meat Sauce & Cheesy Breadstick
Steamed Broccoli
Chilled Mixed Fruit

March 8

Turkey Taco Pocket
Refried Beans
Chilled Diced Apricots

March 9

Cheese Calzone
Steamed Carrots
Chilled Applesauce

March 12

Teriyaki Chicken
Mashed Potatoes
Dinner Roll
Chilled Sliced Pears
Brown Rice Krispies Treat

March 13

Cheese Personal Round Pizza
Steamed Broccoli
Fresh Banana

March 14

Tres Beef Taco Delight (3 pcs)
Refried Beans
Chilled Mixed Fruit

March 15

Grilled Cheese Sandwich
Steamed Carrots
Chilled Applesauce

March 16

Chicken Tenders (4 pcs)
Mashed Sweet Potatoes
Chilled Mixed Fruit
Shamrock Cookie with Sprinkles

Join us for our
special **St. Patty's**
Day menu on
March 16th



This institution is an equal opportunity provider.

March 19

Cheese Calzone
Steamed Broccoli
Chilled Diced Peaches

March 20

Beef Taco Sandwich
Refried Beans
Fresh Banana
Brownie Bite

March 21

Mini Cheeseburger Sliders
Mashed Potatoes
Chilled Diced Peaches

March 22

Breaded Chicken Patty
Sandwich
Mashed Sweet Potatoes
Chilled Sliced Peaches

March 23

Macaroni & Cheese
Dinner Roll
Steamed Carrots
Chilled Mixed Fruit
Rainbow Goldfish Cheese Crackers

Lunch

Student Price
\$2.00
Adult/Sibling
\$2.50
Student Milk
\$0.50
Adult/Sibling Milk
\$0.55

March 26

Tres Beef Taco Delight (3 pcs)
Refried Beans
Chilled Diced Peaches

March 27

Orange Popcorn Chicken
Mashed Potatoes
Fresh Banana
Sweet Potato Chocolate Chip Muffin Top

March 28

Turkey Sausage Pizza (2 pcs)
Steamed Broccoli
Chilled Mixed Fruit

March 29

Grilled Cheese Sandwich
Mashed Sweet Potatoes
Chilled Diced Peaches

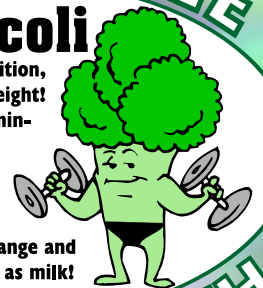
March 30

Grilled Bean & Cheese Burrito
Steamed Carrots
Chilled Applesauce

VEGETABLE

Broccoli

When it comes to nutrition, this guy's a real heavyweight! He's rich in vitamins and minerals and contains loads of cancer-fighting beta-carotene. Plus, by weight fresh broccoli has more vitamin C than an orange and as much calcium as milk! Get lifting!



OF THE MONTH