

K-8 Lunch Menu March 2021

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			Monday		Tuesday		Wednesday		Thursday		Friday
Week 1	Daily Require	Weekly Require	1 Main Menu	Sandwich Line	2 Main Menu	Sandwich Line	3 Main Menu	Sandwich Line	4 Main Menu	Sandwich Line	5 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken Tender(2M/MA, 1.25B/G)		Tacos, Beef (2M/MA) OR		Beefy Mac			Pulled Pork (2M/MA) OR Sloppy Joe (2M/MA)	Sandwich Choice Grilled Cheese(2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		Grilld ChickenSalad *Vegetarian Option
Fruit	1/2c	2 1/2cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)		GreenLeaf Lettuce (1/2c = 1/4c)		Broccoli Florets (1/4c)				Broccoli Florets (1/2c)
Veggie (R/O)	3/4c (min)	3/4c (min)			Salsa or Tomatoes, diced (1/4c)		Carrot, raw OR Slices, fz. (1/2c)				
Veg. (S)	1/2c	1/2c	Mashed Potatoes (1/2c) w/ gravy							Regular Fries (3/4c) cucumber	Regular Fries (3/4c)
Veg. (O)	1/2c	1/2c									
Legume		1/2c	Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		Seasoned Ranchero Pinto or Fiesta Black Beans (1/2c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (2B/G)		Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)		Garlic Breadstick (1B/G) Pasta (1/2C =1B/G)		Roll (2 B/G)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		Cookie				
Week 2	Daily Require	Weekly Require	8 Main Menu	Sandwich Line	9 Main Menu	Sandwich Line	10 Main Menu	Sandwich Line	11 Main Menu	Sandwich Line	12 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chcken Tender		Quesadilla (2 M/MA) (School Made)w/ Cheese	Ham & Cheese (2M/MA)	Meat Sauce (2M/MA)		Chicken (2 M/MA) Fried		Hamburger (2M/MA) OR Cheeseburger (2M/MA) Grilld CHEESE Sandwich
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Broccoli Florets (1/4c)		Green Leaf Lettuce (1/2c = 1/4c)		Meat sauce (1/2c)		Baked Beans (1/2c=1/4c)		Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Steamed Carrots (1/2c)		Salsa or Tomatoes (1/4c)		Yogurt & Breezy - Carrots (1/4c)				Tomato, sliced(1/4c)
Veg. (S)	1/2c	1/2c			Corn (1/2c)	Regular Fries (3/4c) Zucchini & Squash (1/4c)	Green Beans (1/2c)		Potato Baked		Fries or Tots(3/4c)
Veg. (O)	1/2c	1/2c									
Legume		1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Ranchero Pinto or Fiesta Black Beans (1/2c=1/2c)		Baked Beans (1/2c=1/4c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Mac&Chesse		Quesadilla-Tortilla (1=1B/G)	Bun, Purchased (2B/G)	French Bread (1B/G) Spaghetti, (1/2c =1B/G)		Roll (2B/G)		Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		Parmesan cheese				Cupcake or Cake
Week 3	Daily Require	Weekly Require	15 Main Menu	Sandwich Line	16 Main Menu	Sandwich Line	17 Main Menu	Sandwich Line	18 Main Menu	Sandwich Line	19 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Chicken Tender(2M/MA, 1.25B/G)		Tacos, Beef (2M/MA)		Chicken (2M/MA)		Shepherds Pie (2M/MA)		Chicken Patty (2M/MA) Grilled Cheese
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c)		Greenleaf lettuce (1/2c = 1/4c)		Sweet Potato Casserole (2/3c=1/2c)			Greenleaf lettuce (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Green Peas (1/2c)		Salsa or Tomatoes, diced(1/4c)		Cauliflower (1/4c)		Potatoes, Mashed w/Gravv (1/2c) Zucchini & Squash (1/4c)	Regular Fries (3/4c)	Tomato, sliced(1/4c)
Veg. (S)	1/2c	1/2c									Regular Fries (3/4c)
Veg. (O)	1/2c	1/2c									
Legume		1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c)		Ranchero Pinto or Fiesta Black Beans (1/2c)		Ranchero Pinto or Fiesta Black Beans (1/2c)		Ranchero Pinto or Fiesta Black Beans (1/2c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)		Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)		Roll (2B/G) Rice (1/2c=1B/G) w/ Gravy		Roll (2 B/G)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos						
Week 4	Daily Require	Weekly Require	22 Main Menu	Sandwich Line	23 Main Menu	Sandwich Line	24 Main Menu	Sandwich Line	25 Main Menu	Sandwich Line	26 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken popper	Chicken poper	Gumbo (2M/MA)			Chicken Fillet or Tenders	Chicken (2 M/MA) Roasted, Oven Fried,		Hamburger (2M/MA) OR Cheeseburger (2M/MA) OR Grilled Cheese
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)
Veggie (G)	3/4c	1/2c (min)	Carrots , raw (1/4c)				Greenleaf lettuce (1/2c = 1/4c)				Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Celery stick		Potato Salad (1/2c)		Regular Fries (3/4c)				Tomato, sliced(1/4c)
Veg. (S)	1/2c	1/2c			Zucchini & Squash (1/4c)				Cole Slaw (1/4)		Fries or Tots(3/4c)
Veg. (O)	1/2c	1/2c									
Legume		1/2c	Red Beans (3/4c = 1/2c)		Red Beans (3/4c = 1/2c)		Red Beans (3/4c = 1/2c)		Red Beans (3/4c = 1/2c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Roll Mac & shesse		Bread Stick (1B/G) Rice (1/2c = 1B/G)			Bun, Purchased (2B/G)	Biscuit (2B/G) Rice (1/2c = 1B/G)		Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras							Brownie				
Week 5	Daily Require	Weekly Require	29 Main Menu	Sandwich Line	30 Main Menu	Sandwich Line	31 Main Menu	Sandwich Line	1 Main Menu	Sandwich Line	2 Both Lines

Week 1	Daily Require	Weekly Require	29 Main Menu	Sandwich Line	30 Main Menu	Sandwich Line	31 Main Menu	Sandwich Line	1 Main Menu	Sandwich Line	2 Both Lines
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Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken Tender(2M/MA, 1.25B/G)	Tacos, Beef (2M/MA) OR	Chicken&Cheese Taquito		Sloppy Joe (2M/MA)	Commodity Sandwich Choice Hamburger		School Closed
Veg Option			*Vegetarian Option	*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		
Fruit	1/2c	2 1/2cup	Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)		Canned/Fresh/Dried/Frozen Fruit (1/2c)	
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)	GreenLeaf Lettuce (1/2c = 1/4c)	GreenLeaf Lettuce (1/2c=1/4c)			Greenleaf lettuce (1/2c = 1/4c)		GOOD FRIDAY
Veggie (R/O)		3/4c (min)		Salsa or Tomatoes, diced (1/4c)	Salsa or Tomatoes,diced(1/4c)					
Veg. (S)		1/2c	Mashed Potatoes (1/2c) w/ gravy			Regular Fries (3/4c)		Regular Fries (3/4c)		
Veg. (O)		1/2c				Coleslaw (1/4c)				
Legume		1/2c	Seasoned Ranchoero Pinto or Fiesta Black Beans (1/2c)							
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (2B/G)	Taco-Cinnamon Breadsticks (1B/G)	cinnaman sticks		Bun, Purchased (2B/G)	Bun, Purchased (2B/G)		
				Tortilla (1=1B/G) Corn Shells (2=1.25B/G)						
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate	
Extras				Sour Cream and Jalapenos						

This institution is an equal opportunity provider. Menus are subject to change.

***Vegeterian Options**
 Yogurt & Cheese Stick
 Smoothie & Cheese Stick
 Sunbutter & Jelly Sandwich
 Veggie Burger