



National Nutrition Month - eat the rainbow!

Washington Caldwell Elementary Lunch Menu

Fresh Vegetables and Seasonal fruits are offered daily at the Garden Bar

March 2019

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

4

Pancakes & Syrup
Tator Tots
Sausage Patty

Cheeseburger on Bun
Tator Tots

Yogurt Pak with Bagel

National Nutrition Month 5

Italian Meatball Sub
Roasted Broccoli

Crispy Chicken Nuggets
Whole Grain Dinner Roll
Roasted Broccoli

Yogurt Pak with Bagel

Brownie 6

Fish Sandwich with Cheese
Green Beans

Chicken Patty Sandwich
Green Beans

Yogurt Pak with Bagel

Homemade Brownie

7

Walking Taco
Corn

Mini Corn Dogs
Corn

Yogurt Pak with Bagel

Dr. Seuss' Birthday 1

Pizza Dippers
Pizza Sauce
Roasted Cauliflower

Spaghetti & Meatballs
Roasted Cauliflower

Yogurt Pak with Bagel

11

French Toast Sticks
Sausage Patty
Breakfast Potatoes

Cowboy BBQ Burger
Breakfast Potatoes

Yogurt Pak with Bagel

Chocolate Birthday Cake 12

Crispy Chicken Nuggets
Goldfish Crackers
Glazed Carrots

BBQ Rib Sandwich
Glazed Carrots

Yogurt Pak with Bagel

Birthday Cake

13

Roast Turkey & Gravy
Mashed Potatoes

Chicken Patty Sandwich
Mashed Potatoes

Yogurt Pak with Bagel

Pi Day 14

3.14 Personal Pizza
Steamed Carrots

Beefy Nachos
Steamed Carrots

Yogurt Pak with Bagel

15

Ham Deli Sub Sandwich
Build your own sub sandwich w/ lettuce, tomato onion etc.

Turkey Deli Sub Sandwich
Build your own sub sandwich w/ lettuce, tomato onion etc.

Yogurt Pak with Bagel

18

Breakfast Burrito
Corn

Cheeseburger on Bun
Corn

Yogurt Pak with Bagel

HOM Mint & Strawberry 19

Popcorn Chicken
Garlic Breadstick
Baked Beans

BBQ Pulled Pork Sandwich
Baked Beans

Yogurt Pak with Bagel
Minted Fruit Salad

National Noodle Month 20

Penne w/ Meat Sauce
Roasted Cauliflower

Chicken Patty Sandwich
Roasted Cauliflower

Yogurt Pak with Bagel

21

Mini Corn Dogs
Steamed Carrots

Sweet & Sour Chicken
Brown Rice
Steamed Carrots

Yogurt Pak with Bagel

Churros! 22

Pizza Dippers
Pizza Sauce
Golden French Fries

Fish Nuggets
Golden French Fries

Yogurt Pak with Bagel

Churro

NO School 25

No School Spring Break!

NO School 26

No School Spring Break!

NO School 27

No School Spring Break!

NO School 28

No School Spring Break!

NO School 29

No School Spring Break!

Prices

Regular	\$3.15
Reduced	\$4.00
Adult	\$3.75
Milk	\$4.00
Extra Entree	\$2.25

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1%, Skim or Chocolate Skim is included with lunch. Questions or comments contact Hugh McGowan FSD at 262-971-1790 x 4522 or hugh.mcgowan@muskegonorway.org



gm