## New Brighton Elementary School <br> March Lunch Menu 2017

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Dietitian for The Nutrition Group
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What Makes a Meal?
You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread,
and Choice of Milk
Students must choose at least one fruit or vegetable


Fresh Fruits and Vegetables Offered Daily

| *Vegetables may <br> include: | *Fruits may <br> Broccoli Florets <br> Baby Carrots |
| :--- | :--- |
| Dark Leafy Greens <br> Legume Salads |  |
| Celery \& Cucumber <br> *May choose two 1/2 <br> cup servings | Sliced Peaches <br> Sixed Fruit |
| Fresh Orange |  |
| Banana |  |
| Pineapple Tidbits |  |
| Diced Pears |  |
| Applesauce |  |
| *May choose one 1/2 |  |
| cup serving |  |

Milk Choices Offered Daily
Fat Free
Chocolate, Vanilla,
Strawberry, Skim And 1\% White Milk Lunch Prices: ALL STUDENTS RECEIVE ONE FREE

MONDAY
$\frac{\text { MONDAY SECOND CHOIC }}{\text { Cheeseburger on a Bun }}$

TUESDAY

Proud distributor of the
Fresh Fruit and
Vegetable Gran
Whole Grains
Available Daily

Crispy Chicken Strips Seasoned Potato Wedges Mandarin Orange
Milk Choice LUNCH PER DAY Adult $\$ 3.50$
Milk \$ . 65

## Group

| AY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: |
| ND CHOICE <br> ndwich | WEDNESDAY SECOND CHOICE <br> Chicken Patty Sandwich | THURSDAY SECOND CHOICE <br> Hot Dog on a Bun | FRIDAY SECOND CHOICE <br> Fish Sandwich |
| discriminate on , national or ethnic mployment of any of its tivities in federal statutes | 3/1 <br> Tuna Melt Tator Tots Mixed Fruit Milk Choice | 3/2 Dr. Seuss' Birthday Hot Ham and Cheese on a Pretzel Bun Green Beans Milk Choice <br> READ ACROSS AMERICA | 3/3 <br> Stuffed Crust Pizza Baked Beans Pineapple Tidbits Milk Choice |
| o Au Gratin Carrots es oice | 3/8 <br> Pizza Pasta Bake Bread Slice Romaine Salad Blend Mixed Fruit Milk Choice | 3/9 <br> Crunchy Corn Dog Baked Beans Pears Milk Choice | 3/10 <br> Italian Dunkers W/ Marinara Sauce Steamed Corn Pineapple Tidbits Milk Choice |
| O Over Rice eans es oice | 3/15 <br> Steak and Cheese Sandwich Baked Beans Mixed Fruit Milk Choice | $3 / 16$ <br> Chicken Gyro Steamed Broccoli Pears Milk Choice | $3 / 17$ <br> Happy St. Patrick's Day |
| Dog Nuggets Carrots es oice | $3 / 22$ <br> Meatball Hoagie W/ Cheese Seasoned Corn Mixed Fruit Milk Choice | 3/23 <br> Walking Taco W/ RF Doritos Dinner Roll Refried Beans Pears Milk Choice | $3 / 24$ <br> Grilled Cheese Sandwich Tomato Soup Green Beans Pineapple Tidbits Milk Choice |
| Cheese Broccoli es oice | $3 / 29$ <br> Hot Turkey W/ Gravy Open Faced Sandwich Seasoned Corn Mixed fruit Milk Choice | $3 / 30$ <br> Sloppy Joe Casserole Green Beans Pears Milk Choice | $3 / 31$ <br> Tuna Noodle Casserole Steamed Peas Pineapple Tidbits Milk Choice |
| CHOICE <br> nchable | WEDNESDAY'S THIRD CHOICE Peanut Butter and Jelly Sandwich | THURSDAY'S THIRD CHOICE Nacho Munchable | FRIDAY'S THIRD CHOICE <br> Ham and Cheese Deli Sandwich |

