

# March 2020

# K4-8th Hot Lunch



## St. Marcus Lutheran School



**Nutrition tip:** Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6

*NO SCHOOL WINTER BREAK: CLASSES RESUME MONDAY, MARCH 9th*

### NATIONAL MEATBALL DAY

9

Swedish Meatballs  
Non-WG Pasta  
Assorted Graham Cracker  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk

Philly Cheesesteak  
on a Whole Grain Bun  
with Mozzarella Cheese  
Baked Beans  
Seasonal Lunch Fruit  
Choice of Milk

10

### NATIONAL "EAT YOUR NOODLES" DAY

11

Macaroni and Cheese  
Whole Grain Soft Pretzel Stick  
Steamed Green Beans  
Seasonal Lunch Fruit  
Choice of Milk

Homemade Beef Lasagna  
WG Dinner Roll with Margarine  
**Or Kid's Classic WG Breaded Chicken  
Patty Sandwich on a Whole Grain Bun  
with Mayo**  
Steamed Corn  
Seasonal Fruit  
Choice of Milk

12

WG Cheese Pizza Sticks  
with Marinara Dipping Sauce  
Crunchy Broccoli with Ranch  
Seasonal Fruit  
Choice of Milk

13

Chicken Fajita  
on Whole Grain Tortilla (1)  
with Taco Sauce  
WG Cheez-It Crackers  
Ranchero Beans  
Seasonal Fruit  
Choice of Milk

16

Build Your Own Sub  
Turkey Breast, Cheese, and Lettuce  
on a Whole Grain Roll with Mayo  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk  
WG Rice Krispies Treat

17

### NATIONAL SLOPPY JOE DAY

18

Homemade Sloppy Joe  
on a Whole Grain Bun  
Steamed Peas  
Seasonal Fruit  
Choice of Milk

Homemade Chili with Cheese  
Whole Grain Cornbread  
NEW! Non-WG Noodles  
**Or Kid's Classic WG Asian-Glazed  
Boneless Chicken Wings with  
Steamed Carrots and Assorted  
Graham Cracker**  
Seasonal Fruit  
Choice of Milk

19

### NATIONAL RAVIOLI DAY

20

Whole Grain Cheese Ravioli with  
Mozzarella Cheese  
Whole Grain Breadstick  
Assorted Graham Cracker  
Romaine Salad with Ranch Dressing  
Seasonal Fruit  
Choice of Milk

Asian Chicken  
Whole Grain Brown Rice  
Assorted Graham Cracker  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk

23

### NATIONAL TORTILLA CHIP DAY

24

Beef Nachos with Whole Grain Tortilla  
Chips with Shredded Cheese, Lettuce  
and Taco Sauce  
Ranchero Beans  
Seasonal Fruit  
Choice of Milk

25

Baked Chicken Leg  
WG Cornbread  
Steamed Carrots  
Seasonal Fruit  
Choice of Milk

Homemade Meatloaf  
WG Dinner Roll with Margarine  
**Or Kid's Classic Turkey Hot Dog on a  
WG Bun with Ketchup**  
Roasted Baby Bakers with Ketchup  
Seasonal Fruit  
Choice of Milk

26

*NO SCHOOL  
PARENT TEACHER  
CONFERENCES*

27

Brunch for Lunch  
Chicken and Waffles  
NEW! Boneless Chicken Wings with WG  
Waffles and Syrup  
Sunset Sip Vegetable Juice  
Seasonal Fruit  
Choice of Milk

30

BBQ Chicken Sandwich  
on a Whole Grain Bun  
Roasted Sweet Potatoes  
Seasonal Lunch Fruit  
Choice of Milk

31

### Daily Milk Choices:

- Skim white
- Low fat white
- Skim Chocolate



\*Water is always a choice

