

National Children's Center Lunch Menu - MARCH / 2015

(Lunch Meal Pattern Grades K-8) **NO FISH & PORK**

Monday	Tuesday	Wednesday	Thursdays	Friday
 <p>MEMORIAL DAY MAY 22 nd</p>	 <p>PROM MAY 22 nd</p>	 <p>NOTES</p> <p>Early Release School Only 13th MEMORIAL DAY 22 nd Early Release School Only 27th</p>	 <p>The Long Run</p>	<p>Hamburger</p> <p>100% Beef Burger 2oz 100% Whole Grain Bun 2oz Baked Beans 1/2 cup Sweet Potato Fries 1/2 cup Ketchup, Mustard (1 pkt) Fresh Strawberries 1/2 cup</p> 
<p>Salisbury Steak</p> <p>Salisbury Steak w/ Gravy 2oz Mashed Potatoes 1/2 cup Cabbage 1/2 cup 100% Whole Grain Bread 1oz Fresh Pear Slices 1/2 cup</p> 	<p>Ham Sandwich</p> <p>Ham 2oz 100% Whole Grain Bread 2oz Lima Beans 1/2 cup Kale 1/2 cup Mayonnaise, Mustard (1 pkt) Fresh Cantaloupe 1/2 cup</p> 	<p>Baked Chicken</p> <p>Baked Chicken w/ Gravy 2oz Whole Wheat Noodles 1/2 cup Carrots 1/2 cup Kidney Beans 1/2 cup 100% Whole Grain Bread 1oz Fresh Honeydew 1/2 cup</p> 	<p>Beef & Cheese Casserole</p> <p>Beef 2-oz, Cheese 1-oz 100% Whole Grain Sub 2oz Sweet Potato Fries 1/2 cup Ketchup, Mustard, Mayo (1 pkt) Fresh Watermelon 1/2 cup</p> 	<p>Turkey Patty</p> <p>Baked Turkey 2oz /Gravy 1oz Brown Rice 1/2 cup Broccoli 1/2cup Corn 1/2-cup 100% Whole Grain Bread 1oz Fresh Strawberries 1/2 cup</p> 
<p>Turkey Meatsauce w/ Spaghetti</p> <p>Turkey Meatsauce 2oz Whole Wheat Spaghetti 1/2 cup Lima Beans 1/2 cup Romaine Lettuce 1 cup Italian Dressing (1 pkt) 100% Whole Grain Bread 1oz Fresh Apple Slices 1/2 cup</p> 	<p>BEEF BBQ</p> <p>Beef BBQ Sandwich 2oz / 1oz BBQ 100% Whole Grain Bun 2oz Tater Barrels 1/2-cup Green Beans 1/2 cup Ketchup, Tartar Sauce (1 pkt) Fresh Orange 1/2 cup</p> 	<p>Chicken Nuggets</p> <p>Chicken Nugget 2oz Brown Rice 1/2 cup Broccoli 1/2-cup Baked Beans 1/2 cup Ketchup (1 pkt) 100% Whole Grain Bread 1oz Fresh Watermelon 1/2 cup</p> 	<p>Midwest Country Fried Steak</p> <p>Country Fried Steak 2-oz Mashed Potatoes w/ Gravy 1/2 cup Corn 1/2 cup 100% Whole Grain Bread 1oz Fresh Watermelon 1/2 cup</p> 	<p>Grilled Cheese Sandwich</p> <p>Tuna Salad 2-oz 100% Whole Grain Bread 2oz Pasta Salad 1/2-cup Carrot Sticks 1/2-cup Mustard, Mayo, Ranch (1 pkt) Fresh Strawberries 1/2 cup</p> 
<p>Chicken Sandwich</p> <p>Chicken Breast Patty 2oz 100% Whole Grain Bun 2oz Sweet Potato Fries 1/2 cup Broccoli 1/2 cup Ketchup, Mayonnaise (1 pkt) Fresh Pear Slices 1/2 cup</p> 	<p>Cubed Steak w/ Gravy</p> <p>Cubed Steak w/ Gravy 2oz Mashed Potatoes 1/2 cup Collard Greens 1/2 cup 100% Whole Grain Bread 1oz Fresh Cantaloupe 1/2 cup</p> 	<p>Grilled Cheese Sandwich</p> <p>American Cheese 2oz 100% Whole Grain Bread 2oz Tater Barrels 1/2 cup Carrots 1/2 cup Ketchup (1 pkt) Fresh Honeydew 1/2 cup</p> 	<p>Southwest Chicken Fajitas</p> <p>Chicken Fajitas 2oz Brown Rice 1/2 cup Black Beans 1/2 cup Corn 1/2 cup 6-inch Flour Tortilla, Whl Grain 1-each Mild Taco Sauce (1 pkt) Fresh Watermelon 1/2 cup</p> 	<p>Salisbury Steak</p> <p>Salisbury Steak w/ Gravy 2oz Brown Rice 1/2 cup Yellow Squash 1/2 cup Lima Beans 1/2 cup Ketchup (1 pkt) 100% Whole Grain Bread 1oz Fresh Strawberries 1/2 cup</p> 
<p>Meatballs and Spaghetti</p> <p>Meatballs 2oz (2 each) Marinara Sauce 1/2 cup Whole Wheat Spaghetti 1/2 cup Broccoli 1/2cup Corn 1/2-cup 100% Whole Grn Bread 1oz Fresh Apple Slices 1/2 cup</p> 	<p>Chicken Drumsticks</p> <p>Chicken Drumstick (1 piece) Macaroni and Cheese 1/2 cup Green Beans 1/2 cup Romaine Lettuce 1 cup Italian Dressing (1 pkt) 100% Whole Grn Bread 1oz Fresh Orange 1/2 cup</p> 	<p>Roast Turkey w/ Gravy</p> <p>Roast Turkey w/ Gravy 2.3oz Mashed Potatoes 1/2 cup Carrots 1/2 cup 100% Whole Grn Bread 1oz Fresh Watermelon 1/2 cup</p> 	<p>Baked Chicken</p> <p>Chicken 2-oz 100% Whole Grain Bread 2oz Yellow Squash 1/2 cup Lima Beans 1/2 cup 100% Whole Grain Bread 2oz Fresh Grapes 1/2 cup</p> 	<p>Hamburger</p> <p>100% Beef Burger 2oz 100% Whole Grain Bun 2oz Baked Beans 1/2 cup Sweet Potato Fries 1/2 cup Ketchup, Mustard (1 pkt) Fresh Strawberries 1/2 cup</p> 

A variety of 8-oz milk is served with all meals: 1% (unflavored); fat-free (flavored)