


























# National Children's Center Lunch Menu - MARCH / 2015

(Lunch Meal Pattern Grades 9-12) NO FISH & PORK

Monday	Tuesday	Wednesday	Thursdays	Friday
 <p><b>Memorial Day</b></p>	 <p><b>PROM MAY 22nd</b></p>	 <p><b>NOTES</b></p> <p>Early Release School Only 11th  <b>MEMORIAL DAY 22nd</b>                      Early Release School Only 25th</p>	 <p><b>The Long Run</b></p>	<p><b>Hamburger</b></p> <p>100% Beef Burger 3oz                      100% Whole Grain Bun 2oz                      Baked Beans 1/2 cup                      Sweet Potato Fries 1/2 cup                      Mustard, Mayo, Ranch (1 pkt)                      Fresh Strawberries 1 cup</p> 
<p><b>Salisbury Steak</b></p> <p>Salisbury Steak w/ Gravy 2.7oz                      Mashed Potatoes 3/4 cup                      Cabbage 3/4 cup                      100% Whole Grain Bread 2oz                      Fresh Pear Slices 1 cup</p> 	<p><b>Ham Sandwich</b></p> <p>Ham 2oz                      100% Whole Grain Bread 2oz                      Lima Beans 3/4 cup                      Kale 3/4 cup                      Mayonnaise, Mustard (1 pkt)                      Fresh Cantaloupe 1 cup</p> 	<p><b>Baked Chicken</b></p> <p>Baked Chicken w/ Gravy 2oz                      Whole Wheat Noodles 1/2 cup                      Carrots 3/4 cup                      Kidney Beans 3/4 cup                      100% Whole Grain Bread 2oz                      Fresh Honeydew 1 cup</p> 	<p><b>Beef &amp; Cheese Casserole</b></p> <p>Steak 2-oz, Cheese 1-oz                      100% Whole Grain Sub 2oz                      Sweet Potato Fries 3/4 cup                      Romaine Lettuce 1.5 cup                      Ranch Dressing (1 pkt)                      Ketchup, Mustard, Mayo (1 pkt)                      Fresh Watermelon 1 cup</p> 	<p><b>Turkey Patty</b></p> <p>Baked Turkey 2.5oz                      Brown Rice 1/2 cup                      Broccoli 3/4 cup                      Corn 3/4 cup                      100% Whole Grain Bread 2oz                      Fresh Strawberries 1 cup</p> 
<p><b>Turkey Meatsauce w/ Spaghetti</b></p> <p>Turkey Meatsauce 2 oz                      Whole Wheat Spaghetti 1/2 cup                      Lima Beans 3/4 cup                      Romaine Lettuce 1.5 cup                      Italian Dressing (1pkt)                      100% Whole Grain Bread 2oz                      Fresh Apple Slices 1 cup</p> 	<p><b>Beef BBQ</b></p> <p>Beef BBQ Sandwich 2.3oz                      100% Whole Grain Bun 2oz                      Tater Barrels 3/4-cup                      Green Beans 3/4 cup                      Ketchup, Tartar Sauce (1 pkt)                      Fresh Orange 1 cup</p> 	<p><b>Chicken Nuggets</b></p> <p>Chicken Nugget 3oz                      Brown Rice 1/2 cup                      Broccoli 3/4 cup                      Baked Beans 3/4 cup                      Ketchup (1 pkt)                      100% Whole Grain Bread 2oz                      Fresh Watermelon 1 cup</p> 	<p><b>Midwest Country Fried Steak</b></p> <p>Country Fried Steak 2-oz                      Mashed Potatoes w/ Gravy 1/2-cup                      Corn 3/4 cup                      100% Whole Grain Bread 2oz                      Fresh Grapes 1 cup</p> 	<p><b>Grilled Cheese Sandwich</b></p> <p>American Cheese 2oz                      100% Whole Grain Bread 2oz                      Pasta Salad 1/2-cup                      Carrot Sticks 1/2-cup                      Mustard, Mayo, Ketchup (1 pkt)                      Fresh Strawberries 1 cup</p> 
<p><b>Chicken Sandwich</b></p> <p>Chicken Breast Patty 2.5oz                      100% Whole Grain Bun 2oz                      Sweet Potato Fries 3/4 cup                      Broccoli 3/4 cup                      Ketchup, Mayonnaise (1 pkt)                      Fresh Pear Slices 1 cup</p> 	<p><b>Cubed Steak w/ Gravy</b></p> <p>Cubed Steak w/ Gravy 2.6 oz                      Mashed Potatoes 3/4 cup                      Collard Greens 3/4 cup                      100% Whole Grain Bread 2oz                      Fresh Cantaloupe 1 cup</p> 	<p><b>Grilled Cheese Sandwich</b></p> <p>American Cheese 2oz                      100% Whole Grain Bread 2oz                      Tater Barrels 3/4 cup                      Carrots 3/4 cup                      Ketchup (1 pkt)                      Fresh Honeydew 1 cup</p> 	<p><b>Southwest Chicken Fajitas</b></p> <p>Chicken Fajitas 2oz                      Brown Rice 1/2 cup                      Black Beans 3/4 cup                      Corn 3/4 cup                      6-inch Flour Tortilla, Whole Grn                      Mild Taco Sauce (1 pkt)                      Fresh Watermelon 1 cup</p> 	<p><b>Salisbury Steak</b></p> <p>Salisbury Steak w/ Gravy 2.7oz                      100% Whole Grain Bun 2oz                      Baked Beans 1/2 cup                      Sweet Potato Fries 1/2 cup                      Mustard, Mayo, Ranch (1 pkt)                      Fresh Strawberries 1 cup</p> 
<p><b>Meatballs and Spaghetti</b></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 Grain Bread 2oz                      Fresh Apple Slices 1 cup</p> 	<p><b>Chicken Drumsticks</b></p> <p>Chicken Drumstick (2 piece)                      Macaroni and Cheese 1/2 cup                      Green Beans 1/2 cup                      Romaine Lettuce 1 cup                      Italian Dressing (1 pkt)                      100% Whole Grain Bread 1oz                      Fresh Orange 1 cup</p> 	<p><b>Roast Turkey w/ Gravy</b></p> <p>Roast Turkey w/ Gravy 2.3oz                      Mashed Potatoes 1/2 cup                      Carrots 1/2 cup                      100% Whole Grain Bread 2oz                      Fresh Watermelon 1 cup</p> 	<p><b>Baked Chicken</b></p> <p>Baked Chicken w/ Gravy 2oz                      Whole Wheat Noodles 1/2 cup                      Carrots 3/4 cup                      Kidney Beans 3/4 cup                      100% Whole Grain Bread 2oz                      Fresh Honeydew 1 cup</p> 	<p><b>Hamburger</b></p> <p>100% Beef Burger 3oz                      100% Whole Grain Bun 2oz                      Baked Beans 1/2 cup                      Sweet Potato Fries 1/2 cup                      Mustard, Mayo, Ranch (1 pkt)                      Fresh Strawberries 1 cup</p> 

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