

March 2018 Lunch Menu

K-12

Buchanan County Public Schools

Equal opportunity provider.

EGG-CELLENT.



Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Thursday, March 1

Lunch

Choose 1:

Hot Dog on a Bun
BBQ Chicken Sand.

Choose 1 or 2:
Baked Swt Potato Fries
Raw Broccoli

Choose 1
Canned or Fresh Fruit

Choose 1:
Assorted Milk

Choose 1:
Chocolate Chip
Cookie

Condiments:
Ketchup, Mustard, Chili

Friday, March 2

Lunch

Choose 1

Pizza
Grilled Cheese
Choose 1 or 2
Tossed Side Salad
Green Beans

Choose 1
Fresh or Canned Fruit

Choose 1
Assorted Milk

Condiments
Dressings
Marinara Sauce

I SCHOOL BREAKFAST

Kids! Join us March 5-9 for
National School Breakfast Week 2018

Monday, March 5

Lunch

Choose 1

Ham/Cheese/Bun
Grilled Cheese
(Tomato/Veg Soup)

Choose 1 or 2

Steamed Broccoli
Carrots

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Dressings

Mayo

Ketchup

Tuesday, March 6

Lunch

Choose 1:

Rotini w/Breadstick
Chicken Fryz

Choose 1 or 2:

Tossed Salad
Corn

Choose 1:

Fresh Fruit or Canned
Fruit

Choose 1:

Assorted Milk

Condiments:

Salad Dressings,
BBQ Sauce, Honey,

Ketchup

Wednesday, March 7

Lunch

Choose 1

Chicken Nuggets
Meatloaf w/Roll

Choose 1 or 2

Mashed Potatoes
Green Beans

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

BBQ Sauce

Ketchup

Honey

Thursday, March 8

Lunch

Choose 1

Hamburger/Bun
BBQ Chicken /Bun
(Lett/Tom/Pickle)

Choose 1 or 2

Baked French Fries
Vegetarian Beans

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Mayo

Mustard

Ketchup

Friday, March 9

Lunch

Choose 1

Chicken Alfredo
Corndogs

Choose 1 or 2

Vegetable Medley
Cherry/Sliced Tomatoes

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

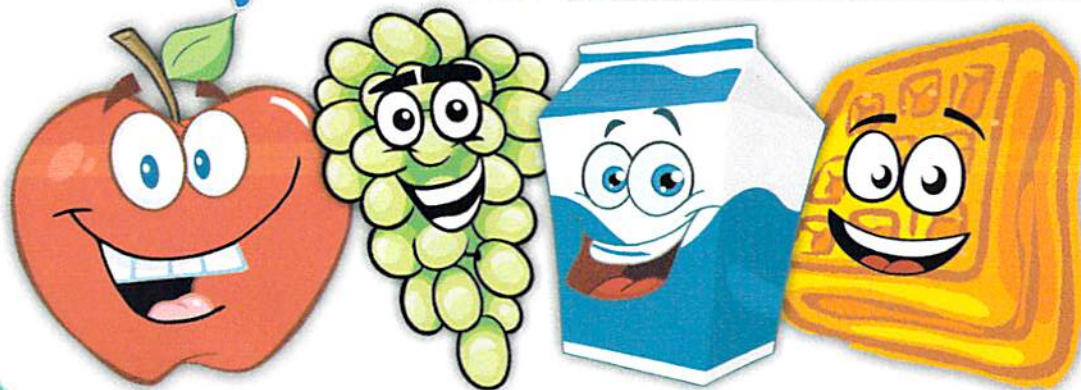
Condiments

Mustard

Ketchup

Ranch Dressing

come join us for **Breakfast@School**



GO FOR THE WHOLE!

Want the whole truth?
Choose bagels and other bread
products that are made with whole
grains. They're healthiest
by a mile!



Don't forget to
set your clocks
forward one hour
on Sunday,
March 11!

Monday, March 12

Lunch
Choose 1

Hotdog/Bun
Meatball Sub/Bun

Choose 1 or 2
Swt Potato Fries
Raw Broccoli

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Choose 1

Choc Chip Cookie

Condiments

Ketchup, Mustard
Ranch Dressing

Tuesday, March 13

Lunch
Choose 1

Chicken Fajita on Soft
Tortilla, Taco Salad
Tortilla Chips
(Lett/Tom/Cheese)

Choose 1 or 2

Pinto Beans
Salsa

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Taco Sauce

Wednesday, March

Lunch
Choose 1

Spaghetti w/Breadstick
Grilled Chicken/Bun
(Lett/Tom/Pickle)

Choose 1 or 2

Tossed Side Salad
Carrots

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Mayo, Mustard
Ketchup
Salad Dressings

Thursday, March 15

Lunch
Choose 1

Baked Ham
Salisbury Steak
w/Roll

Choose 1 or 2

Mashed Potatoes
Green Beans

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Gravy

Friday, March 16

Lunch
Choose 1

Fish/Bun
Hamburger/Bun
(Lett/Tom/Pickle)

Choose 1 or 2

Baked Fries
Celery Sticks

Choose 1

Fresh or Canned Fruit

Choose 1

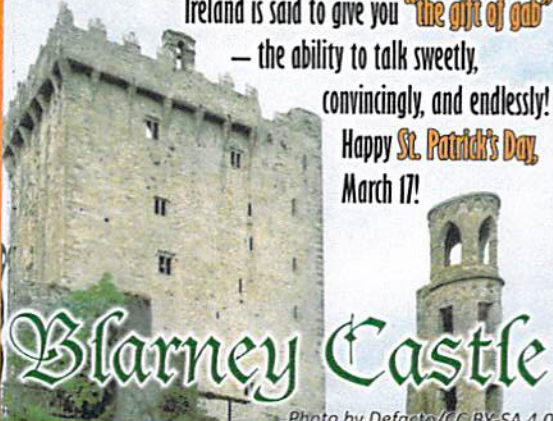
Assorted Milk

Condiments

Mayo, Mustard
Ketchup, Ranch Dressing
Tartar Sauce

Kissing the **Blarney Stone** at the ruins of Blarney Castle in Ireland is said to give you "the gift of gab" — the ability to talk sweetly, convincingly, and endlessly!

Happy **St. Patrick's Day**,
March 17!



Blarney Castle

Photo by Defacto/CC BY-SA 4.0

Monday, March 19

Lunch
Choose 1:

Chicken Patty/Bun
Pork Rib/Bun
(Lett/Tomato/Pickle)

Choose 1 or 2:

Baked Swt Potato Fries
Coleslaw

Choose 1:

Fresh or Canned Fruit

Choose 1:

Assorted Milk

Condiments:

Ketchup, Mayo,
Mustard, BBQ Sauce

Tuesday, March 20

Lunch
Choose 1

Pizza
Chicken Noodle Soup
w/Grilled Cheese Sand

Choose 1 or 2

Tossed Side Salad
Corn

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Dressings

Wednesday, March

Lunch
Choose 1

Sloppy Joe/Bun
Hamburger/Bun
(Lett/Tom/Pickle)

Choose 1 or 2

Baked French Fries
Steamed Broccoli

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Ketchup, Mayo
Mustard

Thursday, March 22

Lunch
Choose 1

Gravy & Biscuit
Eggs/Sausage

Choose 1 or 2

Potato Roundabouts
Cherry/Sliced Tomatoes

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Ketchup Ranch
Dressings

Friday, March 23

Lunch
Choose 1

Mini Corndogs
Mac/Cheese
w/Breadstick

Choose 1 or 2

Carrots
Pinto Beans

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Mustard, Ketchup

Monday, March 26

Lunch
Choose 1

Chicken Patty/Bun
Chili Beans
w/Breadstick

Choose 1 or 2

Coleslaw
Corn

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Mayo, Mustard
Ketchup

Tuesday, March 27

Lunch
Choose 1

Chicken Fajita on Soft
Tortilla, Taco Salad
Tortilla Chips
(Lett/Tom/Cheese)

Choose 1 or 2

Pinto Beans
Salsa

Choose 1

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

Taco Sauce

Wednesday, March

Lunch
Choose 1

Chicken Nuggets
Fish Sandwich
Fish Nuggets

Choose 1 or 2

Baked Potato
Baked Beans

Fresh or Canned Fruit

Choose 1

Assorted Milk

Condiments

BBQ Sauce
Ketchup Honey
Tartar Sauce

Thursday, March 29

Lunch
Choose 1:

Hot Dog on a Bun
BBQ Chicken Sand.
Choose 1 or 2:

Baked Swt Potato Fries
Raw Broccoli

Choose 1

Canned or Fresh Fruit

Choose 1:

Assorted Milk

Choose 1:

Chocolate Chip
Cookie

Condiments:

Ketchup, Mustard, Chili

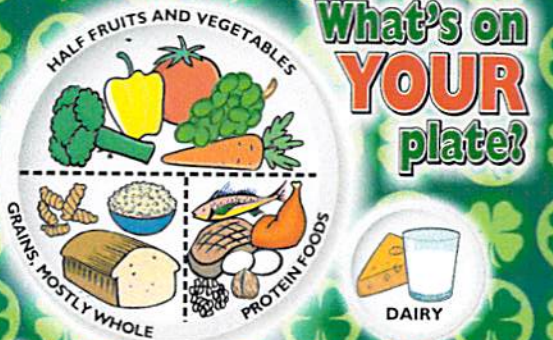
Friday, March 30

No School


Spring Break



What's on YOUR plate?



Q: How do you turn soup to gold?



A: Put 14 carrots in it!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html