

Achiever's Charter Lunch

March 3 - March 31

LUNCH

What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>All Beef Hamburger on a Wheat Hamburger Bun-1 Vegetarian Beans - 1c Fresh Banana - 1 Milk - 8oz</p>	<p>4</p> <p>W/G Chicken Fingers -3 Diced Carrots-1 1/4c. Fresh Apple - 1 Wheat Dinner Roll - 1 Milk -8oz</p>	<p>5</p> <p>Beef Bologna and Cheese on a Whole Wheat Kaiser Roll-1 Celery Sticks w/ Ranch Dip-3/4c Fresh Banana-1 Milk-8oz.</p>	<p>6</p> <p>Macaroni & Cheese- 6oz Mixed Vegetables - 1c Whole Grain Bread - 1 Fresh Apple -1 Milk - 8oz</p>	<p>7</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz</p>
<p>10</p> <p>W/G Mini Cheese Quesadillas - 3 Black Beans - 1c Fresh Orange - 1 Milk - 8oz</p>	<p>11</p> <p>Beef Meatloaf w/Ketchup - 3oz French Fries -1c Wheat Dinner Roll - 1 Fresh Pear - 1 Milk - 8oz</p>	<p>12</p> <p>All Beef Italian Sub-1 (Beef Bologna, Beef Salami, & Cheese on W/G Sub Roll) Fresh Baby Carrots w/ Dip-1 c. Fresh Banana-1 Milk-8 oz.</p>	<p>13</p> <p>BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Fresh Baby Carrots w/ Dip-1 1/4c. Fresh Apple-1 Milk - 8oz</p>	<p>14</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz</p>
<p>17</p> <p>Grilled Chicken Fillet with Gravy-3 oz. Mashed Potatoes-1c. Fresh Pear - 1 Wheat Dinner Roll -1 Milk - 8oz</p>	<p>18</p> <p>W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Green Beans-1c. Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz</p>	<p>19</p> <p>Turkey and Cheese on Whole Grain Bread-1 Fresh Baby Carrots w/ Dip-1c. Applesauce Cup - 1/2 c. Milk-8oz.</p>	<p>20</p> <p>Cheese Lasagna with Meat Sauce-4 oz. Green Beans-1c. Whole Wheat Dinner Roll - 1 Fresh Banana-1 Milk -8oz</p>	<p>21</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz</p>
<p>24</p> <p>Chicken Burger Whole Wheat Bun-1 Vegetarian Beans - 1c Fresh Pear - 1 Milk - 8oz</p>	<p>25</p> <p>BREAKFAST FOR LUNCH French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Fresh Baby Carrots w/ Dip-1 1/4c. Fresh Apple-1 Milk - 8oz</p>	<p>26</p> <p>All Beef Italian Sub-1 (Beef Bologna, Beef Salami, & Cheese on W/G Sub Roll) Celery Sticks w/ Ranch Dip-3/4c Fresh Banana-1 Milk-8 oz.</p>	<p>27</p> <p>Macaroni & Cheese- 6oz Mixed Vegetables - 1c Whole Grain Bread - 1 Fresh Apple -1 Milk - 8oz</p>	<p>28</p> <p>W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-2c. Fresh Orange-1 Milk - 8oz</p>
<p>31</p> <p>Beef Meatball Parmigiana on Wheat Sub Roll -1 Corn - 1c Fresh Pear - 1 Milk - 8oz</p>				