








 **Shade Elementary School Lunches** 

March 2020

Non-fat or 1% milk served with all meals

Reduced salad dressing is served with salads & fresh vegetables

LUNCH IS FREE TO ALL STUDENTS IN THE DISTRICT

<p>3/2/20 Chicken tenders Garlic spaghetti Steamed broccoli Pineapple tidbits Apple crisp Assorted fresh fruit</p>	<p>3/3/20 Pepperoni roll Dipping sauce Mixed vegetables Garden salad Peach cup Assorted fresh fruit</p>	<p>3/4/20 Breaded boneless wings Shade wheat roll Mashed potatoes Seasoned peas Cinnamon applesauce Assorted fresh fruit</p>	<p>3/5/20 Panther sub Lettuce, tomato, pickles Baby carrots Sun chips Assorted juices Assorted fresh fruit</p>	<p>3/6/20 Fish shapes Pierogies Seasoned carrots Blush pears Assorted fresh fruit</p>
<p>3/9/20 Breaded chicken patty sandwich French fries Winter mix Mixed fruit Assorted fresh fruit</p>	<p>3/10/20 Hamburger on wg bun Crinkle fries Baked beans Peach cup Assorted fresh fruit</p>	<p>3/11/20 Turkey deli sandwich Sweet potato fries Green beans Cinnamon applesauce Assorted fresh fruit</p>	<p>3/12/20 Soft taco Lettuce, tomato Cheddar cheese cup Corn & black beans Garlic breadstick Pineapple tidbits Assorted fresh fruit</p>	<p>3/13/20 Shrimp poppers Macaroni & cheese Steamed carrots Blush applesauce Assorted fresh fruit Assorted vegetables</p>
<p>3/16/20 Chicken nuggets Seasoned rice California blend veggies Mandarin oranges Assorted fresh fruit</p>	<p>3/17/20 Homemade stromboli Dipping sauce Garden salad Green beans Diced peaches</p>	<p>3/18/20 Meatball hoagie Seasoned potato wedges Seasoned corn Orange smiles Assorted fresh fruit</p>	<p>3/19/20 Turkey tetrazzini Seasoned peas Shade wheat roll Mixed fruit Assorted fresh fruit</p>	<p>3/20/20 Breakfast sandwich Hash brown patty Steamed carrots Assorted juices Assorted fresh fruit 12:30 Dismissal</p>
<p>3/23/20 Ravioli w/meat sauce Mozzarella cheese cup Salad/Green beans Garlic breadstick Peach cup Assorted fresh fruit</p>	<p>3/24/20 Salisbury steak Mashed potatoes Seasoned peas Shade wheat roll Applesauce Assorted fresh fruit</p>	<p>3/25/20 Hot dog on bun Vegetarian baked beans French fries Pineapple tidbits Assorted fresh fruit</p>	<p>3/26/20 Hot turkey & gravy sandwich Mashed potatoes Peas & carrots Pear cup Assorted fresh fruit</p>	<p>3/27/20 Stuff crust pizza Mixed vegetables Garden salad Assorted juices Assorted fresh fruit</p>
<p>3/30/20 Corn dog French fries Steamed broccoli Cinnamon applesauce Assorted fresh fruit</p>	<p>3/31/20 Cheeseburger on mg bun Crinkle fries Seasoned corn Peach cup Assorted fresh fruit</p>	<p>FYI Kathie Shaffer SNAP Outreach Coordinator Family Health Council of Central PA W.I.C Tapestry of Health 651 S. Center Ave. Suite 100 Somerset, PA 15501</p> <p style="text-align: center;">      </p>		