

MARCH

Lunch



LYONS SCHOOL DISTRICT 103

Monday	Tuesday	Wednesday	Thursday	Friday
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
				TURKEY RANCH BURGER Hamburger Bun ^ Romaine Lettuce Fresh Celery Sticks Fat Free Ranch Dressing Blended Fruit Juice Mustard Ketchup Choice of Milk
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
NATIONAL BREAKFAST WEEK PANCAKES & SAUSAGE ^ Syrup Golden Potato Rounds Applesauce Cup Ketchup Choice of Milk	POPCORN CHICKEN ^ Country Blend Vegetables Mixed Fruit Cup BBQ Sauce Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Whole Kernel Corn Apple-Cranberry Juice Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Maple Baked Beans Fresh Banana Mustard Ketchup Choice of Milk	CHEESE PIZZA^ Romaine Lettuce Light Ranch Dressing Orange Juice Choice of Milk
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019
CHICKEN TENDERS WITH POTATO WEDGES ^ Diced Carrots Mixed Fruit Cup BBQ Sauce Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Green Beans Fresh Celery Sticks Light Ranch Dressing Diced Peas Mustard Ketchup Choice of Milk	SPECIAL MEAL CHICKEN WINGS Breadstick ^ Romaine Lettuce Fresh Baby Carrots Light Ranch Dressing Diced Peaches BBQ Sauce VANILLA W/ORANGE CREAM COOKIES(80/1.2OZ) Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Sliced Apples Choice of Milk	BEAN & CHEESE BURRITO Whole Kernel Corn Fresh Banana Salsa Choice of Milk
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
PENNE PASTA W/MEAT SAUCE ^ Green Beans Applesauce Cup Choice of Milk	CORN DOG ON A STICK^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Grape Juice Mustard Ketchup Choice of Milk	DELI SUB SANDWICH ^ Whole Kernel Corn Diced Peas Light Mayonnaise Choice of Milk	CHICKEN TACO Tortilla Chips ^ Romaine Lettuce Light Ranch Dressing Fresh Banana Choice of Milk	VEGETARIAN CHILI Corn Muffin ^ Mixed Vegetables Fresh Orange Choice of Milk
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
MEATLOAF PANINI French Fries Mixed Fruit Cup Ketchup Choice of Milk	CHICKEN RANCH FLATBREAD ^ Whole Kernel Corn Orange Juice Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun ^ Maple Baked Beans Diced Peaches Mustard Ketchup Choice of Milk	BREADED CHICKEN DIPPERS W/ TOMATO PARMESAN SAUCE Green Beans Sliced Apples Choice of Milk	HALF DAY NO LUNCH

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



Nutritional Information: LYONS SCHOOL DISTRICT 103

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
03-01-2019	TURKEY RANCH BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fresh Celery Sticks	18	0	0	0	0	88	4	2	2	1	100	60	40	0	V:1/4c O
	Fat Free Ranch Dressing	10	0	0	0	0	90	2	0	1	0	0	0	0	0	
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	0	0	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-04-2019	*NATIONAL BREAKFAST WEEK*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	PANCAKES & SAUSAGE ^	282	8	1	0	42	527	30	4	7	22	3	0	130	2	MMA:2.25oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Golden Potato Rounds	206	10	1	0	0	413	26	2	0	3	0	0	0	0	V:3/4c S
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-05-2019	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Country Blend Vegetables	72	1	0	0	0	33	16	3	4	2	396	8	33	0	V:1/4c S V:1/2c O
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-06-2019	PIZZA DIPPERS	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Whole Kernel Corn	74	1	0	0	0	0	17	2	2	2	0	0	3	0	V:1/2c S

	Apple-Cranberry Juice	60	0	0	0	0	15	13	0	12	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-07-2019	HOT DOG W/ POTATO ROUNDS	178	12	4	0	25	498	11	1	1	5	0	0	0	1	MMA:1.5oz V:1/4c S
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.5sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-08-2019	CHEESE PIZZA^	308	11	5	0	23	724	34	2	3	17	69	0	416	2	MMA:1.5oz G/B:2sv WG V:1/4c RO
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-11-2019	CHICKEN TENDERS WITH POTATO WEDGES ^	313	17	2	0	25	409	24	4	1	16	30	2	0	2	MMA:2oz G/B:1sv WG V:1/4c S
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-12-2019	CHEESEBURGER	142	8	3	0	37	306	2	0	1	14	32	0	92	1	MMA:2oz G/B:2sv
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Fresh Celery Sticks	18	0	0	0	0	88	4	2	2	1	100	60	40	0	V:1/4c O
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

03-13-2019	SPECIAL MEAL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN WINGS	240	11	3	0	101	355	6	0	4	26	36	1	15	1	MMA:2.25oz
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	VANILLA W/ORANGE CREAM COOKIES(80/1.2OZ)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-14-2019	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz G/B:2sv V:1/4c RO
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-15-2019	BEAN & CHEESE BURRITO	312	11	6	0	20	443	39	5	2	15	68	1	208	3	MMA:2oz G/B:2.25sv WG
	Whole Kernel Corn	112	1	0	0	0	0	26	2	4	4	0	0	5	0	V:3/4c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Salsa	5	0	0	0	0	95	1	0	0	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-18-2019	PENNE PASTA W/MEAT SAUCE ^	308	8	1	0	36	560	38	2	7	21	13	0	68	2	
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-19-2019	CORN DOG ON A STICK^	280	13	4	0	40	660	31	2	9	9	30	9	60	2	MMA:2oz G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Fresh Baby Carrots	13	0	0	0	0	29	3	1	2	0	1528	1	12	0	V:1/4c RO
	Light Ranch Dressing	30	2	0	0	5	55	2	0	1	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c

	TURKEY BURGER WITH POTATO WEDGES	178	8	2	0	38	155	11	1	0	15	5	2	34	2	MMA:2oz V:1/4c S
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-28- 2019																
	BREADED CHICKEN DIPPERS W/ TOMATO PARMESAN SAUCE	316	17	3	0	46	805	22	1	0	20	68	0	9	0	MMA:2.25oz G/B:1sv WG V:1/2c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
9																
	HALF DAY NO LUNCH	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: LYONS SCHOOL DISTRICT 103

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanu	Tree Nut	Fish	Shellfish	Soy	Wheat
03-01-2019	TURKEY RANCH BURGER	X						X	X
	Hamburger Bun ^							X	X
	Romaine Lettuce								
	Fresh Celery Sticks								
	Fat Free Ranch Dressing	X	X					X	
	Blended Fruit Juice								
	Mustard								
	Ketchup								
	Choice of Milk	X							
03-04-2019	*NATIONAL BREAKFAST WEEK*								
	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	Golden Potato Rounds							X	
	Applesauce Cup								
	Ketchup								
	Choice of Milk	X							
03-05-2019	POPCORN CHICKEN ^							X	X
	Country Blend Vegetables								
	Mixed Fruit Cup								
	BBQ Sauce							X	
	Choice of Milk	X							
03-06-2	PIZZA DIPPERS	X	X					X	X

	Mustard									
	Ketchup									
	Choice of Milk	X								
03-13-2019	SPECIAL MEAL									
	CHICKEN WINGS							X	X	
	Breadstick ^							X	X	
	Romaine Lettuce									
	Fresh Baby Carrots									
	Light Ranch Dressing	X	X					X		
	Diced Peaches									
	BBQ Sauce							X		
	VANILLA W/ORANGE CREAM COOKIES(80/1.2OZ)									
	Choice of Milk	X								
	03-14-2019	BBQ CHICKEN								
Hamburger Bun ^								X	X	
Maple Baked Beans										
Sliced Apples										
Choice of Milk		X								
03-15-2019	BEAN & CHEESE BURRITO									
	Whole Kernel Corn							X	X	
	Fresh Banana									
	Salsa									
	Choice of Milk	X								
03-18-2019	PENNE PASTA W/MEAT SAUCE ^									
	Green Beans							X	X	
	Applesauce Cup									
	Choice of Milk	X								
03										

