



# MARCH | 2019

Central Elementary School and Hauser Jr. High School

Menu Subject to Change

Vegetarian Options Available Daily. Please ask your Server

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25	26	27	28	1
4 Mac and Cheese Baked Beans W/G Bread Slice Apple slices 650 Calories 15g Fat 98g Carbs 900mg Sodium 26g Sugar	5 Cheeseburger W/G Roll Sweet Potatoes Pear Cup 450 Calories 18g Fat 70g Carbs 1180mg Sodium 17g Sugar	6 Bosco Sticks Marinara Sauce Garden Salad Choice of Dressings Banana 455 Calories 74g Carbs 11g Fat 826mg Sodium 20g Sugar	7 Cheesy Calzone Raw Veggies w/ Dip Applesauce or Apple Slices 390 Calories 5g Fat 58g Carbs 495mg Sodium 24g Sugar	8 Chicken Tenders Baked Fries W/G Bread Slice Peach Cup 470 Calories 7g Fat 49g Carbs 530mg Sodium 14g Sugar
11 Baked Ravioli Garbanzo Bean Salad Garlic Bread 100% Juice Cup 425 Calories 7g Fat 80g Carbs 835mg Sodium 29g Sugar	12 Chicken Sandwich W/G Roll Baked Fries Peach Cup 628 Calories 25g Fat 77g Carbs 709 mg Sodium 15g Sugar	13 Bosco Sticks Marinara Sauce Italian Salad Banana 455 Calories 11g Fat 74g Carbs 826mg Sodium 20g Sugar	14 Pizza Dippers Marinara Sauce Cauliflower with Parmesan Cheese Sliced Oranges 469 Calories 12g Fat 67g Carbs 710mg Sodium 26g Sugar	15 Pizza Day! Fresh Veggies with Dip Mixed Fruit Cup 415 Calories 9g Fat 54g Carbs 950mg Sodium 27g Sugar
18 Chicago Hot Dog Baked Beans 100% Juice Cup 500 Calories 12g Fat 63g Carbs 731mg Sodium 26g Sugar	19 Chicken Nuggets Mashed Potatoes Gravy Broccoli Bread Slice Peach Cup 490 Calories 19g Fat 65g Carbs 1195mg Sodium 15g Sugar	20 Bosco Sticks Marinara Sauce Spring Peas Applesauce 485 Calories 11g Fat 76g Carbs 826mg Sodium 22g Sugar	21 Walking Taco Meat, Cheese, Lettuce Salsa Refried Beans Carrots 100% Fruit Juice 642 Calories 25g Fat 60g Carbs 704mg Sodium 33g Sugar	22 Pizza Day! Mixed Veggies Mixed Fruit 420 Calories 9g Fat 55g Carbs 950mg Sodium 27g Sugar
25 <b>Enjoy</b>	26 <b>Spring</b>	27 <b>Break</b>	28	29

## News

**Lunch Meal \$3.00**  
**Includes**  
**Entrée, vegetable, fruit and Milk**

*Snack Bar Available*  
*Prices for snacks*  
*.25 cents to \$2.00*  
*8oz. Milk .40 Cents*

*Our food is never fried*  
*All bread is at least 50%*  
*whole grain*  
*Pizza Crust is whole grain*

*We use locally grown*  
*produce if*  
*Available*

**Central 4<sup>th</sup> and 5<sup>th</sup> grades**  
**and**  
**Hauser Jr. High may have**  
**additional veggie and fruit**  
**choices**

**PLEASE NOTE**  
**THE TOTALS FOR CALORIES,**  
**FAT CARBS, SODIUM AND**  
**SUGAR DO NOT INCLUDE**  
**MILK OR CONDIMENTS**

1% WHITE MILK  
100 Calories 2.5 Fat Cal  
13g Carbs  
130mg Sodium 12g Sugar

FAT FREE CHOCOLATE MILK  
120 Calories 0 Fat Cal  
20g Carbs  
180mg Sodium 18g Sugar

**See you at Lunch!**