

# CHRIST THE KING CONTINUING EDUCATION

## MARCH 2019 MVP LUNCH MENU

WEEKLY NUTRITIONAL TOTALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c					<b>1 MAC &amp; CHEESE</b> 1 oz. Cheese 2 oz. WG Macaroni 0.5 c Fresh Fruit 0.75 c Romaine Salad 1 c 1%/ Skim/FF Choc Milk
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>4 HAMBURGERS</b> 2 oz. Hamburger 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Baked Potato Wedges 1 c 1%/ Skim/FF Choc Milk	<b>5 CHICKEN PARM</b> 2 oz. Baked Chicken Patty 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Broccoli Florets 1 c 1%/ Skim/FF Choc Milk	<b>6 BEEF CHILI</b> 2 oz. Ground Beef 1 oz. Brown rice 0.5 c Fresh Fruit 0.75 c Sliced Carrots 1 c 1%/ Skim/FF Choc Milk	<b>7 MAC &amp; CHEESE</b> 1 oz. Cheese 2 oz. WG Macaroni 0.5 c Fresh Fruit 0.75 c Romaine Salad 1 c 1%/ Skim/FF Choc Milk	<b>8 PIZZA</b> 1 oz. Mozzarella Cheese 2 oz. Whole Grain Bagel 0.5 c Fresh Fruit 0.75 c Green Salad 1 c 1%/ Skim/FF Choc Milk
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>8 PASTA W/MEATBALLS</b> 2 oz. Meatballs 1.5 oz. Whole Grain pasta 0.5 c Fresh Fruit 0.75 c Cauliflower Florets 1 c 1%/ Skim/FF Choc Milk	<b>9 CHICKEN PATTY</b> 2 oz. Baked Chicken Patty 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Corn 1 c 1%/ Skim/FF Choc Milk	<b>13 CHICKEN NUGGETS</b> 2 oz. Baked Chicken Nuggets 1.5 oz. Tri-Color Pasta Salad 0.5 c Fresh Fruit 0.75 c Peas and Carrots 1 c 1%/ Skim/FF Choc Milk	<b>14 HAMBURGERS</b> 2 oz. Hamburger 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Baked Potato Wedges 1 c 1%/ Skim/FF Choc Milk	<b>13 GRILLED CHEESE</b> 1 oz. FF American Cheese 2 oz. Whole Wheat Bread 0.5 c Fresh Fruit 0.75 c Two Bean Salad 1 c 1%/ Skim/FF Choc Milk
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>18 CHIPOTLE CHICKEN</b> 2 oz. Baked Chicken 1.5 oz. Brown Rice 0.5 c Fresh Fruit 0.75 c Black Beans 1 c 1%/ Skim/FF Choc Milk	<b>19 GRILLED CHEESE</b> 1 oz. FF American Cheese 2 oz. Whole Wheat Bread 0.5 c Fresh Fruit 0.75 c Two Bean Salad 1 c 1%/ Skim/FF Choc Milk	<b>20 CHICKEN BURRITO</b> 2 oz. Baked Chicken 1.5 oz. WG Tortilla 0.5 c Fresh Fruit 0.75 c Black Beans 1 c 1%/ Skim/FF Choc Milk	<b>21 PASTA BOLOGNESE</b> 2 oz. Ground Beef 1.5 oz. Whole Grain pasta 0.5 c Fresh Fruit 0.75 c Cauliflower Florets 1 c 1%/ Skim/FF Choc Milk	<b>22 PIZZA</b> 1 oz. Mozzarella Cheese 2 oz. Whole Grain Bagel 0.5 c Fresh Fruit 0.75 c Green Salad 1 c 1%/ Skim/FF Choc Milk
M/ma 9 oz. Grain 8 oz. Fruit 2.5 c Veg 3.75 c Milk 5 c	<b>25 CHICKEN NUGGETS</b> 2 oz. Baked Chicken Nuggets 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Peas and Carrots 1 c 1%/ Skim/FF Choc Milk	<b>26 HOT DOGS</b> 2 oz. Hot dogs 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Baked Potato Wedges 1 c 1%/ Skim/FF Choc Milk 1 c 1%/ Skim/FF Choc Milk	<b>27 HOT TURKEY SANDWICH</b> 2 oz. Sliced Turkey&Cheese 2 oz. WG Sliced Bread 0.5 c Fresh Fruit 0.75 c Potato Salad 1 c 1%/ Skim/FF Choc Milk	<b>29 CHICKEN PATTY</b> 2 oz. Baked Chicken Patty 2 oz. Whole Grain Bun 0.5 c Fresh Fruit 0.75 c Corn 1 c 1%/ Skim/FF Choc Milk 1 c 1%/ Skim/FF Choc Milk	<b>29 MAC &amp; CHEESE</b> 1 oz. Cheese 2 oz. WG Macaroni 0.5 c Fresh Fruit 0.75 c Romaine Salad 1 c 1%/ Skim/FF Choc Milk

