

Satellite Site Lunch Menu March



What makes a complete meal?
 - 3 of the 5 components
 - At least 1/2 cup serving of fruit
 or 1/2 cup of vegetable

What is a Component?
 Meat or Meat Alternate
 Grain / Bread
 Vegetable
 Fruit
 Milk

Choices of Fruit may include:
 100% juice; apple, grape, orange,
 fruit punch, fresh fruit; apples,
 bananas, oranges, pears,
 strawberries, melons canned fruit;
 applesauce, pears, peaches, mixed
 fruit, or applesauce cups, strawberry
 cups, peach cups, dried cranberries,
 raisins.

Choice of Milk may include:
 Skim, 1% white, fat-free or low fat
 chocolate, strawberry, vanilla

Other Meal Options May Include:
 PB&J Jamwich or Fruit & Yogurt w/
 String Cheese & Crackers,
 Chef Salad w/ Dressing,
 Ham and Cheese Hoagie,



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Nuggets Dinner Roll	Sloppy Joes	Mini Corn Dogs	Fish Sticks with Breadstick	Cheese or Pepperoni Pizza
Steamed Broccoli Fruit Milk	French Fries Fruit Milk	Baked Beans Fruit Milk	Green Beans Fruit Milk	Steamed Carrots Fruit Milk
9	10	11	12	13
Popcorn Chicken Dinner Roll	Walking Taco Dinner Roll	Hot Dog	Macaroni and Cheese	Cheese Pizza Dippers with Sauce
Cheesy Broccoli Fruit Milk	Baked Beans Fruit Milk	French Fries Fruit Milk	Green Beans Fruit Milk	Steamed Carrots Fruit Milk
16	17	18	19	20
Chicken Patty Sandwich	Corn Dog	Chicken over Biscuits	Meatballs with Breadstick	Toasted Cheese Sandwich
Green Beans Fruit Milk	Baked Beans Fruit Milk	Mashed Potatoes Fruit Milk	Steamed Broccoli Fruit Milk	Tomato Soup Fruit Milk
LEX NO SCHOOL				
23	24	25	26	27
Chicken Tenders with Breadstick	Soft Tacos	Cheeseburger	Mini Corn Dogs	Cheese Pizza Dippers with Sauce
Steamed Broccoli Fruit Milk	Baked Beans Fruit Milk	Baby Carrots Fruit Milk	French Fries Fruit Milk	Green Beans Fruit Milk
30	31			
Chicken Nuggets	Sloppy Joes			
Cheesy Broccoli Fruit Milk	Baked Beans Fruit Milk			