Northeast Bradford Elementary Lunch Feb Mar

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The Nutrition Group

Basil CHEF OF NUTRITION

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk
Students must choose at least one fruit or vegetable

Fresh Fruits and Vegetables Offered Daily

***Vegetables may include:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
***May choose two 1/2 cup servings**

***Fruits may include:**
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
***May choose one 1/2 cup serving**

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternates
2/26 Rotini and Meatballs Garlic Toast Broccoli Chilled Pears Low fat Milk	2/27 Beef Nachos with Cheddar Cheese Sauce Rice Buttered Corn Chilled Peaches Low Fat Milk	2/28 Chicken & Gravy over Biscuit Mashed Potatoes Applesauce Low Fat Milk	2/29 Pulled Pork Sandwich Sweet Peas Mandarin Oranges Low Fat Milk	3/1 Cheese Pizza Black Beans Apple Low Fat Milk	Week 1 Hot Dog on a Bun Ham & Cheese Sandwich PB& J
3/4 Popcorn Chicken Bowl Mashed Potatoes w. Gravy Pineapple Tidbits Low Fat Milk	3/5 Taco Tuesday Chicken Fayita Nachos Golden Corn Diced Pears Low Fat Milk	3/6Breakfast for Lunch Bar French Toast Sticks w. Assorted Toppings Sausage Patties Tater Tots Cinnamon Apples Low Fat Milk	3/7 Beef Poutine Over Fries Green Beans Fresh Orange Low Fat Milk	3/8 Stromboli Marinara Sauce Steamed Broccoli Mixed Berry Applesauce Low Fat Milk	Week 2 Pork BBQ Sandwich Breaded Chicken & Cheese Wrap PB & J
3/11 Hot Ham & Cheese Sand-wich Steamed Broccoli Fresh Oranges Low Fat Milk	3/12 Taco Tuesday Pulled Pork Nachos Sweet Corn Assorted Juice Low Fat Milk	3/13 Chicken Quesadilla Baked Beans Cinnamon Apples Low Fat Milk	3/14 Meatloaf Mashed Potatoes Chilled Peaches Low Fat Milk	3/15 Italian Dunkers Buttered Carrots Fresh Oranges Low Fat Milk	Week 3 Cheeseburger on a Bun Ham & Cheese Hoagie PB& J
3/18 Macaroni & Cheese Golden Corn Pineapple Tidbits Low Fat Milk	3/19 Taco Tuesday Chicken Tacos Black Bean & Corn Salad Fresh Apple Low Fat Milk	3/20 Grilled Cheese w/ Tomato Soup Roasted Chickpeas Fresh Banana Low Fat Milk	3/21 Pork & Gravy Over Biscuits Mashed Potatoes Assorted Juice Low Fat Milk	3/22 Pepperoni Pizza Buttered Carrots Pineapple Pieces Low Fat Milk	Week 4 Chicken Nuggets w. Sliced Bread Italian Hoagie PB& J
3/25 Pasta w/ Meatballs & Garlic Bread Italian Green Beans Peaches Low Fat Milk	3/26 Taco Tuesday Beef or Chicken Nachos Buttered Corn Fresh Banana Low Fat Milk	3/27 Sloppy Joes over French Fries Cinnamon Apples Low Fat Milk	3/28 Salisbury Steak w/ B uttered Noodles Mashed Potatoes w. Gravy Fruit Cocktail Low Fat Milk	3/29 No School	Week 5 Chicken Patty Sandwich Turkey & Cheese Wrap PB& J
4/1 No School	4/2 Walking Taco Steamed Rice Buttered Corn Fresh Orange Low Fat Milk	4/3 Fish Sticks Buttered Noodles Mixed Vegetables Fresh Banana Low Fat Milk	4/4 Korean BBQ Dumplings w/ Fried Rice Sweet Peas Mandarin Oranges Low Fat Milk	4/5 No School	Week 6 Corn Dog on a Stick Italian Hoagie PB & J