

March 2018

JUST A DASH CATERING

LUNCH



School Information: Milk, PB & J, Fruit, Salad Bar Offered Daily
Menu subject to change due to availability



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

BBQ Boneless Wings 5
Cucumbers

Sloppy Joe 6
Rosemary Potato

Spaghetti (Beef) 7
Garden Salad
Spinach/Tomatoes/Carrots
Garlic Bread

Pizza Slice 1
Hummus
Green Bell Peppers

Corn Dog 2
Tater Tots

Cheese Bread 12
Tomato Marinara
Broccoli Bites

Beef Taco 13
Lettuce/Salsa
Corn & Black Beans

Meatballs & Gravy 14
Cheese Potatoes
Sweet Peas
Breadstick

Pizza Slice 8
Hummus
Red Bell Peppers

Grilled Cheese 9
Broccoli Cheese Soup
Carrot Bites

Cheeseburger Sliders 19
Carrots

Chocolate Chip French 20
Toast
Hash browns
Turkey Sausage

Cheese Penne Pasta 21
Fresh Green Salad
(Carrots/Spinach/Cucumber)
Garlic Bread

Pizza Slice 15
Hummus
Red Bell Peppers

Popcorn Chicken 16
Celery Sticks

Pizza Slice 22
Hummus
Red Bell Peppers

Beef Hot Dog 23
Cucumbers

26

27

28

29

30