

March 2019

Just A Dash Catering

LUNCH



School Information: Variety Vegetable and Fruit Bar offered Daily
Light Italian, ranch, & French Dressing
Ketchup, Mayo, and Yellow Mustard, 1 % White and Fat Free Chocolate



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.
This institution is an Equal Opportunity Employer



Monday



Tuesday



Wednesday

Thursday

Friday

Popcorn Chicken **4**
Carrot Bites/Celery Bites
Fresh Fruit
Choice of Milk

Chicken Sandwich (HOC) **5**
Golden Fries
Fresh Fruit
WG Bun
Choice of Milk

Lasagna (Cheese) **6**
Garlic Bread
Garden Salad
Fresh Fruit
Choice of Milk

Cheese Pizza Slice **7**
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

Mini Corn Dog **1**
Carrot Sticks
Fresh Fruit
Choice of Milk

Chocolate Chip French **8**
Toast
Hash Brown
Fresh Fruit
Choice of Milk
String Cheese/Syrup

WG Cheesy Bread **11**
Marinara/Broccoli Bites
Choice of Milk
Fresh Fruit

BBQ Pulled Chicken SL **12**
Garden Salad
Fresh Fruit
Choice of Milk

Beef Hot Dog **13**
Glazed Carrots/Celery Bites
Fresh Fruit
WG Bun /Choice of Milk

Cheese Pizza Slice **14**
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

Walking Taco (Beef) **15**
Salsa/Black Beans
WG Tortilla
Fresh Fruit
Choice of Milk

Cheese Burger **18**
Green Beans/Cauliflower
Fresh Fruit
WG Bun
Choice of Milk

BBQ Chicken **19**
Rosemary Potatoes and Pepper
Fresh Fruit
Choice of Milk
WG Dinner Roll

Taco Bowl **20**
Salsa/Black Beans
WG Tortilla
Fresh Fruit
Choice of Milk

Cheese Pizza Slice **21**
WG Crust
Green/Red Peppers/Hummus
Fresh Fruit
Choice of Milk

Pancake on a Stick/FUN **22**
CEREAL LUNCH
Celery Bites
Fresh Fruit
Choice of Milk

25

26

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