

March 2017 6-8 Lunch

Regional School Unit No. 18

“Fueling Learner Excellence through Good Food and Good Nutrition”



★ **Monday**
Starchy Vegetables

★ **Tuesday**
Beans & Legumes

★ **Wednesday**
Dark Green & Leafy

★ **Thursday**
Red, Orange, & Yellow

★ **Friday**
Other Vegetables

		1 American Chop Suey Lunch Roll Beautiful Broccoli Florets Fruit and Vegetable Bar Low Fat Milk Variety	2 Cheesy Chicken Quesadilla Radical Red Pepper Strips Fruit and Vegetable Bar Low Fat Milk Variety	3 Homemade Hawaiian Pizza Crunchy Celery with Dip Fruit and Vegetable Bar Low Fat Milk Variety
6 American Cheeseburger On a Bun Beautiful Beets Fruit and Vegetable Bar Low Fat Milk Variety	7 Hot Turkey & Cheese Sandwich Rockin' Red Kidney Beans Fruit and Vegetable Bar Low Fat Milk Variety	8 Shepherd's Pie Brawny Biscuit, Lush Baby Spinach Fruit and Vegetable Bar Low Fat Milk Variety	9 Everlasting Enchiladas Spicy Rice Sweet Potato Bites Fruit and Vegetable Bar Low Fat Milk Variety	10 Glazed French Toast Maine Blueberries Hash Browns Fruit and Vegetable Bar Low Fat Milk Variety
13 Sea Shaped Fish Nuggets Savory Rice Mighty Broccoli Florets Fruit and Vegetable Bar Low Fat Milk Variety	14 Hearty Hotdog on a Bun Beautiful Black Beans Fruit and Vegetable Bar Low Fat Milk Variety	15 NUTRITION MONTH FEAST Perfect Turkey Roast w/Gravy Brawny Biscuit, Maine Blueberry Crisp, Mashed Potatoes Fruit and Vegetable Bar Low Fat Milk Variety	16 Pizza Dipping Stix w/Marinara Sauce Cool Cukes with Dip Fruit and Vegetable Bar Low Fat Milk Variety	17 NO SCHOOL
20 Crispy Chicken Patty on a Bun Smiley Fries Fruit and Vegetable Bar Low Fat Milk Variety	21 BLT (Bacon, Lettuce, Tomato) Sandwich Cool Cheese Stick Baked Beans Fruit and Vegetable Bar Low Fat Milk Variety	22 Sweet and Sour Pork Savory Rice Warm and Goopy Cookie Dark Green Leafy Lettuce Fruit and Vegetable Bar Low Fat Milk Variety	23 Twisted Chicken Alfredo Lunch Roll Tasty Tomatoes Fruit and Vegetable Bar Low Fat Milk Variety	24 Personal Pan Pizza Sensational Snap Peas Fruit and Vegetable Bar Low Fat Milk Variety
27 Crispy Chicken Nuggets Bug Bite Graham Crackers Perfect Peas Fruit and Vegetable Bar Low Fat Milk Variety	28 Ham Italian Sandwich Baked & Seasoned Chickpeas Fruit and Vegetable Bar Low Fat Milk Variety	29 Sunny with a Chance of Spaghetti and Meat Sauce Lunch Roll Tossed Romaine Lettuce Salad Fruit and Vegetable Bar Low Fat Milk Variety	30 Pancakes and Sausage Roasted Potatoes Cherry Tomatoes Fruit and Vegetable Bar Low Fat Milk Variety	31 Pizza Dipping Stix Marinara Sauce Crunchy Celery Stix w/Dip Fruit and Vegetable Bar Low Fat Milk Variety