

March 2017 CPS 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 Cheeseburger On a Bun Lush Broccoli Florets Fruit Variety Low Fat Milk Variety	2 Hearty Hot Dog Rockin' Red Peppers Fruit Variety Low Fat Milk Variety	3 Yummy Yogurt Brunch-Cakes (Pancakes) Crisp Celery Sticks Fruit Variety Low Fat Milk Variety
6 Crispy Chicken Patty on a Bun Seasoned Potato Wedges Fruit Variety Low Fat Milk Variety	7 Hot Turkey & Cheese Sandwich Rockin' Red Kidney Beans Fruit Variety Low Fat Milk Variety	8 Corn Dog Dark Green Leafy Lettuce Fruit Variety Low Fat Milk Variety	9 Sea Shaped Fish Nuggets Tasty Baby Tomatoes Fruit Variety Low Fat Milk Variety	10 American Chop Suey Lunch Roll Cauliflower Fruit Variety Low Fat Milk Variety
13 Hearty Hotdog on a Bun Sweet Corn Fruit Variety Low Fat Milk Variety	14 Premium Fish Filet on a Bun Garbanzo Beans Fruit Low Fat Milk Variety	15 Turkey and Cheese Sandwich Lush Baby Spinach Fruit Variety Low Fat Milk Variety	16 Mighty Meatball Sub Cool Cuke Spears Fruit Variety Low Fat Milk Variety	NO SCHOOL
20 Hearty Hot Dog on a Bun Fantastic French Fries Fruit Variety Low Fat Milk Variety	21 BLT (Bacon, Lettuce, Tomato) Sandwich Cool Cheese Stick Baked Beans Fruit and Vegetable Bar Low Fat Milk Variety	22 Crispy Chicken Patty on a Bun Warm and Goey Cookie Dark Green Leafy Lettuce Fruit and Vegetable Bar Low Fat Milk Variety	23 Magnificent Mac n' Cheese w/Ham Tasty Tomatoes Fruit and Vegetable Bar Low Fat Milk Variety	24 Glazed French Toast Maine Blueberries Hash Browns Fruit and Vegetable Bar Low Fat Milk Variety
27 Crispy Chicken Nuggets Bug Bite Graham Crackers Perfect Peas Fruit Variety Low Fat Milk Variety	28 Ham Italian Sandwich Baked & Seasoned Chickpeas Fruit and Vegetable Bar Low Fat Milk Variety	29 All American Chop Suey 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 Corn Dog Crunchy Celery Fruit Variety Low Fat Milk Variety