

# ELEMENTARY SCHOOL MENU


## LUNCH



A full student lunch includes protein, grains, vegetables, fruit, and milk.  
Milk Choices include 1% white or fat free chocolate.  
Vegetables and fruits are served daily with every meal.



Student Meals: **\$2.10**  
Visitor / Staff Meals: **\$3.75**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>THIS SCHOOL YEAR ONLY</b></p> <p>The Food Service Department will provide free breakfast to ALL students and free lunch to any student who qualifies for FREE &amp; REDUCED PRICE SCHOOL MEALS.</p> <p>*****</p>				<p><b>DAY 5</b> 1</p> <p>1. <b>Crispy Fish Sandwich</b></p> <p>2. <b>Cheese Pizza</b></p> <p>Steamed Peas &amp; Carrots</p> <p>Fresh Vegetables</p> <p>Fresh Fruit</p> <p>Chilled Fruit</p>
<p><b>DAY 6</b> 4</p> <p>1. <b>Cheesy French Bread Pizza w/ Dipping Sauce</b></p> <p>2. <b>PB&amp;J Uncrustable w/ String Cheese</b></p> <p>Savory Green Beans</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p>	<p><b>DAY 1</b> 5</p> <p>1. <b>Classic Corn Dog</b></p> <p>2. <b>Macaroni &amp; Cheese</b></p> <p>Sliced Bread</p> <p>Boston Baked Beans</p> <p>Fresh Vegetables</p> <p>Fresh Fruit</p> <p>Chilled Fruit</p>	<p><b>DAY 2</b> 6</p> <p>1. <b>Mashed Potato &amp; Popcorn Chicken Bowl</b></p> <p>2. <b>Grilled Chicken Sandwich</b></p> <p>Steamed Corn</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p>	<p><b>DAY 3</b> 7</p> <p>1. <b>Spaghetti w/ Italian Meat Sauce &amp; Texas Toast</b></p> <p>2. <b>Cheese Quesadilla</b></p> <p>Steamed Broccoli</p> <p>Sliced Bread</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p>	<p><b>DAY 4</b> 8</p> <p>1. <b>Crispy Fish Sticks</b></p> <p>2. <b>Cheese Pizza</b></p> <p>Sliced Bread</p> <p>Buttermilk Coleslaw</p> <p>Fresh Vegetables &amp; Fruit</p> <p><b>** Frozen Sidekick **</b></p> <p><b>FREEZY FRIDAY</b></p>
<p><b>DAY 5</b> 11</p> <p>1. <b>Classic Cheeseburger</b></p> <p>2. <b>PB&amp;J Uncrustable w/ String Cheese</b></p> <p>Tater Tots</p> <p>Fresh Vegetables</p> <p>Fresh Fruit</p> <p>Chilled Fruit</p>	<p><b>DAY 6</b> 12</p> <p>1. <b>Classic Chicken Sandwich</b></p> <p>2. <b>BBQ Chicken Wrap</b></p> <p>Savory Green Beans</p> <p>Fresh Vegetables</p> <p>Fresh Fruit</p> <p>Chilled Fruit</p>	<p><b>DAY 1</b> 13</p> <p>1. <b>Walking Taco</b></p> <p>2. <b>Grilled Chicken Sandwich</b></p> <p>Seasoned Refried Beans</p> <p>Steamed Corn</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p>	<p><b>DAY 2</b> 14</p> <p>1. <b>Meatloaf w/ Mashed Potatoes &amp; Gravy</b></p> <p>2. <b>Ham &amp; Cheese Sandwich</b></p> <p>Dinner Roll</p> <p>Brussel Sprouts</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p>	<p><b>DAY 3</b> 15</p> <p>1. <b>Cheese Tortellini w/ Marinara Sauce</b></p> <p>2. <b>Cheese Pizza</b></p> <p>Bread, Steamed Broccoli</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p> <p><i>*St. Patrick's Day Sugar Cookie*</i></p>
<div>  <h1>ENJOY YOUR SPRING BREAK!</h1>  </div>				
<p><b>DAY 4</b> 25</p> <p>1. <b>Portesi Cheese Fries w/ Dipping Sauce</b></p> <p>2. <b>PB&amp;J Uncrustable w/ String Cheese</b></p> <p>Steamed Corn</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p>	<p><b>DAY 5</b> 26</p> <p>1. <b>Chicken Nuggets</b></p> <p>2. <b>Cheese Quesadilla</b></p> <p>French Fries</p> <p>Fresh Vegetables</p> <p>Fresh Fruit</p> <p>Chilled Fruit</p>	<p><b>DAY 6</b> 27</p> <p>1. <b>Pepperoni Pizza Pasta Bake</b></p> <p>2. <b>Hot Ham &amp; Cheese</b></p> <p>Steamed Mixed Veggies</p> <p>Fresh Vegetables</p> <p>Fresh Fruit, Chilled Fruit</p> <p><i>*Cinnamon Tiger Grahams*</i></p>	<p><b>DAY 1</b> 28</p> <p>1. <b>Walking Taco</b></p> <p>2. <b>Grilled Chicken Sandwich</b></p> <p>Steamed Corn</p> <p>Fresh Vegetables</p> <p>Fresh Fruit</p> <p>Chilled Fruit</p>	<p><b>NO SCHOOL TODAY!</b></p> 
<p><b>MILK IS ONLY FREE WHEN TAKEN AS PART OF A COMPLETE SCHOOL MEAL.</b></p> <p>If your student takes a carton of milk without a complete school meal, please be aware that their food service account will be charged 35¢. Students also have the option to bring exact change to purchase milk during the breakfast or lunch periods.</p>			 <p>Visit <b>ChooseMyPlate.gov</b> for online personal wellness resources for you and your family.</p> <p>Choose<b>MyPlate</b>.gov</p>	<p><b>This institution is an equal opportunity provider.</b></p> <p>*****</p> <p>Menu is subject to change.</p>

# MARCH

## Food Service News



### Did you know?

"Super green" refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of "super green" vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.

**Select** – Look for greens that are a deep green color and have crisp leaves.

**Store** – Refrigerate in a plastic bag for 3-5 days.

**Prepare** – Rinse, then tear or chop the leaves.

### Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

*Make meals and memories together. It's a lesson kids will use for life.*

### facts

- Spanish translation, spinach: *Las espinacas*; Swiss chard: *Las acelgas*
- Hmong translation: *Zaub Ntsuab*
- Greens are a category of leafy vegetables. Beet greens, spinach, and Swiss chard are greens that belong to the same family of plants.
- Bright Lights is a popular variety of Swiss chard with colorful and bright stems.
- Contrary to the name, Swiss chard did not come from Switzerland. Swiss chard originates from a wild version of the beet that naturally grew in the Mediterranean and it was named by a Swiss botanist.
- Spinach was the first frozen vegetable sold in North America.



### nutrition & seasonality

#### • Key nutrients:

- Calcium** - Builds strong bones and teeth.
- Vitamin A** - Keeps skin and bones healthy, resists and fights infection, and maintains good eyesight.
- Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.
- Potassium** - Helps maintain normal blood pressure.
- Vitamin K** - Needed for blood clotting, preventing excessive bleeding.
- Fresh greens grown in Wisconsin are available from May through October.

### planting

Greens are perfect for growing in school gardens! Growing greens in the fall is ideal because harvesting fits well with the academic calendar, but greens can be grown in the spring as well. Greens grown in the summer can taste bitter. Most greens (especially spinach) are quick growing, frost-tolerant, and generally easy to grow. Plant a variety of chard, spinach, and other greens to make a "salad garden". Plant seeds directly in the garden.

### harvesting

Harvest spinach whenever the leaves are large enough to use, about 3-6 inches. Spinach is usually best if it is cut while young. Harvest chard while the leaves are young and tender or after they mature and are larger. Chard stems are edible too! Cut off outer leaves individually and let the inner leaves continue to grow for a future harvest.

## March is National Nutrition Month

National Nutrition Month is about more than just eating healthy; it's about **BEING** healthy. Here are some tips to help you become a more healthy version of yourself.

**EAT BREAKFAST:** start your day with a healthy breakfast that includes lean protein, whole grains, fruits & vegetables.

**PORTION SIZES:** use half of your plate for fruits & veggies and the other half for grains and lean protein; complete the meal with a serving of fat-free or low-fat dairy.

**BE ACTIVE:** children and teens should strive for 60 minutes of physical activity per day, and adults 2.5 hours per week.



**DRINK WATER:** replace sodas and other sugary drinks with water to stay hydrated.

**HEALTHY SNACKS:** choose from two or more of the MyPlate food groups: grain, fruits, veggies, protein, dairy.

## WHAT'S HAPPENING?

**March** - National Nutrition Month

**March** - National Noodle Month

**March** - National Celery Month

**Mar 7** - National Cereal Day

**Mar 9** - National Meatball Day

**Mar 10** - National Ranch Dressing Day

**Mar 13** - National Chicken Noodle Soup Day

**Mar 16** - National Corndog Day

**Mar 16** - National Artichoke Day

**Mar 18** - National Sloppy Joe Day

**Mar 20** - National Ravioli Day

**Mar 22** - World Water Day

**Mar 26** - National Spinach Day



### CONTACT US:

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