

2018

# MARCH

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## Satellite Lunch

M T W T F

MARCH IS NATIONAL NUTRITION MONTH!  
START YOUR DAY WITH A HEALTHY BREAKFAST,  
FUEL UP BEFORE AN ATHLETIC EVENT, PLAN MEALS &  
SNACKS IN ADVANCE, BE MINDFUL OF PORTIONS, AND  
REDUCE FOOD WASTE.

1 Chef Shack Nachos  
with Turkey & Salsa  
Beauty Heart  
Radishes, Fiesta Corn,  
Beans, Mint Frozen  
Yogurt, Pear Cup

2 **No  
School  
at  
Bancroft**

Turkey Bologna  
& Cheese Sandwich

GO FURTHER *with* FOOD



<p>5 Turkey Burger or Vegetarian Burger Diced Sweet Potatoes, Fresh Carrots, Apple Slices, Raisins</p> <p>Bagel Yogurt Pack</p>	<p>6 Swedish Meatballs Pasta, Green Beans, Broccoli, Banana, Pineapple Cup</p> <p>Chicken Caesar Salad with Caesar Dressing</p>	<p>7 Chicken Bites with BBQ Sauce Peas &amp; Carrots, Cucumber Slices, Clementine, Strawberry Applesauce, Dinner Roll</p> <p>Deli Turkey &amp; Cheese Sandwich</p>	<p>8 Beef Tacos with Toppings, Pinto Beans, Fresh Veg, Banana, Peach Cup</p> <p>Turkey Bologna &amp; Cheese Sandwich</p>	<p>9 Grilled Cheese Sandwich Potato Wedges, Fresh Carrots, Grapes, Applesauce</p> <p>Cold Cut Combo Sub</p>
<p>12 Beef Hot Dog or Vegetarian Burger Baked Beans, Fresh Carrots, Apple Slices, Raisins</p> <p>Bagel Yogurt Pack</p>	<p>13 Potato Crusted Fish Au Gratin Potatoes, Radish Slices, Banana, Mandarin Orange Cup</p> <p>Chef Salad with Ranch Dressing</p>	<p>14 Lasagna Roll with Marinara Grape Tomatoes <b>Strawberries</b> Cinnamon Applesauce</p> <p>Deli Turkey &amp; Cheese Sandwich</p>	<p>15 Baked Herb Chicken, Yellow Rice, Potato Salad, Fresh Veg, Melon Medley, Pear Cup</p> <p>Turkey Bologna &amp; Cheese Sandwich</p>	<p>16 Cheese Pizza Caesar Side Salad, Fresh Carrots, Grapes, Applesauce</p> <p>Cold Cut Combo Sub</p>
<p>19 Chicken Sandwich or Vegetarian Burger Potato Wedges, Fresh Carrots, Apple Slices, Raisins</p> <p>Bagel Yogurt Pack</p>	<p>20 Beef or Bean Nacho Grande Tropical Bean Salad, Fresh Celery, Banana, Pineapple Cup</p> <p>Taco Salad with Jalapeño Ranch</p>	<p>21 Chicken Alfredo with Penne Pasta, Side Salad, Jicama Sticks, Clementine, Strawberry Applesauce, Roll</p> <p>Deli Turkey &amp; Cheese Sandwich</p>	<p>22 BBQ Meatballs Mac &amp; Cheese Country Vegetable Medley, Fresh Veg, Banana, Peach Cup</p> <p>Turkey Bologna &amp; Cheese Sandwich</p>	<p>23 Turkey &amp; Gravy Mashed Potatoes, Fresh Carrots, Grapes, Applesauce, Roll</p> <p>Cold Cut Combo Sub</p>
<p>26 Hamburger or Vegetarian Burger Baked Beans, Fresh Carrots, Apple Slices, Raisins</p> <p>Bagel Yogurt Pack</p>	<p>27 Chicken a la King Biscuit, Fresh Green Beans, Banana, Mandarin Orange Cup</p> <p>Chicken Caesar Salad with Caesar Dressing</p>	<p>28 Pancakes &amp; Cheese Omelet Diced Potatoes, Fresh Cauliflower, Honeydew Melon, Cinnamon Applesauce</p> <p>Deli Turkey &amp; Cheese Sandwich</p>	<p>29 Pasta with Meatsauce Fresh Veg, Fresh Fruit, Peach Cup</p> <p>Turkey Bologna &amp; Cheese Sandwich</p>	<p>30 <b>CHEF'S CHOICE</b></p>

### KNOW YOUR FOOD



MEATLESS ENTREE  
AVAILABLE



CONTAINS FISH



WE USE  
WHOLE GRAINS



FARM TO SCHOOL  
ITEM



MINNESOTA  
THURSDAY



SKIM & 1%  
MILK DAILY

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photo: kollin leisinger