



Elementary Lunch Menu

March 2013



Parents are encouraged to prepay online for students meals. The link is provided on our website.


Monday

Tuesday

Wednesday

Thursday

Friday

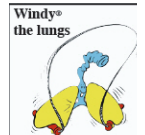
 <p>To find nutrition facts about school meals, visit Health-e Living! The link is provided on our website!</p>		<p>Enjoy Some of the Best Produce Florida Has to Offer March's Farm to School Offerings</p> <p>Yellow Squash & Zucchini Medley • Corn-on-the-Cob • Green Beans • Mini Sweet Peppers • Florida Oranges* • Strawberries *</p> <p><i>* will be offered at least one day during the week</i></p>			<p>1</p> <p>"Fresh From the Farm" Chicken Parmesan w/Pasta Shells Cheeseburger Hamburger Muffin Platter Roasted Zucchini and Yellow Squash</p>
<p>4</p> <p>Beef Nachos w/Tortilla Chips Mini Cheese Pizza Bagels Muffin Platter Sliced Sweet Plantains</p>	<p>5</p> <p>Spaghetti & Meat Sauce Corndog PB&J Sandwich Platter Steamed Broccoli Florets</p>	<p>6</p> <p>BBQ Chicken w/Cornbread Grilled Cheese Sandwich Chef Garden Salad Sweet Potato Bake Cole Slaw</p>	<p>7</p> <p>Early Release Day Manager's Choice One Hot Entrée and One Cold Entrée <i>See the Explanation Box</i></p>	<p>8</p> <p>"Fresh From the Farm" Nacho Fish Taco Hot Ham & Cheese Sandwich Muffin Platter Corn-on-the-Cob Mini Sweet Peppers</p>	
<p>Fresh From Florida ➤ Sweet Juicy Strawberries* and Oranges*</p>					
<p>11</p> <p>Chicken Nuggets w/Roll Meatball Sub Muffin Platter Steamed Broccoli Florets</p>	<p>12</p> <p>Cheese Lasagna or Stuffed Shells w/Roll Hot Dog PB & J Sandwich Platter California Blend Garden Salad</p>	<p>13</p> <p>Caribbean Chicken w/Brown Rice Stuffed Crust Pizza Peanut Butter Platter Black Beans</p>	<p>14</p> <p>Soft Taco Mini-Grilled Chicken Salad PB&J Sandwich Platter Steamed Sweet Corn</p>	<p>15</p> <p>"Fresh From the Farm" Teriyaki Chicken w/Rice Fiesta Pizza Muffin Platter Green Beans Mini Sweet Peppers</p>	
<p>Fresh From Florida ➤ Sweet Juicy Strawberries*, Oranges*, and Grape Tomatoes*</p>					
<p>18</p> <p>Pizza Cheesy Burrito Muffin Platter Sweet Potato Bites</p>	<p>19</p> <p>Penne Pasta & Meat Sauce Corndog Petit Parfait Combo Steamed Broccoli Florets</p>	<p>20</p> <p>BBQ Chicken w/Sweet Potato Muffin Italian Grilled Cheese Mini-Mandarin Chicken Salad Baked Beans</p>	<p>21</p> <p>Chicken Tenders w/Roll Macaroni & Cheese w/Roll PB&J Sandwich Platter Peas & Carrots</p>	<p>22</p> <p>"Fresh From the Farm" Soft Taco Hot Ham & Cheese Sandwich Muffin Platter Corn-on-the-Cob</p>	



Students are on Spring Break

March 25, 2013 to March 29, 2013

The OrganWise Guys Foods of the Month for March are Legumes and Cruciferous Vegetables
Visit our website for more information



On **Early Release Days**, School Food Service Managers will choose one hot entrée and one cold entrée to serve from the choices below:

- | | |
|---------------------------|--------------------------|
| Hot Choices | Cold Choices |
| Hot Ham & Cheese | PB & J Sandwich Platter |
| Chicken Patty Sandwich | Turkey & Cheese Sandwich |
| Mini Cheeseburger Sliders | Hoagie |
| Corndog | |

GRAINS • MEATS • FRUITS (fresh or cupped fruit, or 100% fruit juice) • VEGETABLES • MILK
At lunch, for a complete meal, students may select three to five of the above food groups to complete their meal. At least one of these choices **MUST** be from the fruit or vegetable group.

**Menu is subject to changes*

All students enrolled in Palm Beach County schools are offered a **Free Breakfast every day.**
Visit our website for more information www.palmbeachschools.org/sfs

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