





































University Lake School Lunch Menu



**March
2012**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| <p>MARCH HARVEST OF THE MONTH</p> <p>Kiwi  Jicama </p> <p>Quinoa </p> | <p>DAYLIGHT SAVINGS TIME ends March 11</p> | <p></p> <p>FRUIT & VEGETABLE BAR Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p> | <p>1</p> <p> Carne Italiano Stromboli (Nitrate Free Natural Ham) (Organic Pepperoni) Caesar Salad </p> | <p>2</p> <p>READ ACROSS AMERICA  DR. SUESS' BIRTHDAY One Fish 2 Fish Nuggets OR Sam I AM Green Eggs and Nitrate Free Ham Oven Browned Potatoes Star-Bellied Sneech Fruit Salad Strawberry Milk Cat in the Hat Cake</p> |
| <p>5</p> <p>Stadium Hot Dog on a Whole Grain Bun (Organic Prairie Beef Hot Dog) on a Whole Grain Bun OR Grilled Chicken Sandwich Macaroni and Cheese </p> | <p>6</p> <p>Whole Grain Pancakes Scrambled Eggs  Bacon Strips (nitrate free bacon)  Strawberries </p> | <p>7</p> <p>Salisbury Steak Mashed Potatoes  Green Beans  Whole Grain Dinner Roll  Frozen Treat </p> | <p>8</p> <p> Homemade Pizza Parlor Pizza Nitrate Free All Natural Cheese, Veggie on Wheat Crust Organic Pepperoni & Sausage  Chicken Alfredo Pizza  Italian Quinoa Salad </p> | <p>9</p> <p>No School</p> |
| <p>12</p> <p>Hamburger or Cheeseburger Brat or Veggie Burger on a Bun  Sweet Potato Fries  Bush's Baked Vegetarian Beans Creamy Cole Slaw</p> | <p>13</p> <p>Philly Cheesesteak or Turkey & Cheese on Whole Grain Rolls  Meatless Options Available  Chicken & Wild Rice Soup Kettle Chips </p> | <p>14</p> <p> Whole Grain Penne Pasta with Meat Sauce or Marinara Sauce  Fresh Jicama Sticks  Garden Salad  Breadstick </p> | <p>15</p> <p> Homemade Pizza Parlor Pizza Nitrate Free All Natural Cheese, Veggie on Wheat Crust Organic Pepperoni & Sausage  Italian Tossed Salad  Pineapple & Kiwi Salad </p> | <p>16</p> <p>ST. PATRICK'S DAY tomorrow! </p> <p>Grilled Cheese on Whole Grain Bread or Tuna Pasta Salad Tomato Soup Popeye Spinach Salad Green Applesauce Mint Frosted Brownie</p> |
| <p>19</p> <p>Spring Break No School</p> | <p>20</p> <p>Spring Break No School</p> | <p>21</p> <p>Spring Break No School</p> | <p>22</p> <p>Spring Break No School</p> | <p>23</p> <p>Spring Break No School</p> |
| <p>26</p> <p>Spring Break No School</p> | <p>27</p> <p>Spring Break No School</p> | <p>28</p> <p>Spring Break No School</p> | <p>29</p> <p>Spring Break No School</p> | <p>30</p> <p>Spring Break No School</p> |

-  Prepared From Scratch
-  Contains Pork
-  Whole Grain Item
-  Vegetarian Item
-  Farm to School Item
-  Harvest of the Month

NEW

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. This year's theme is "Get Your Plate in Shape" and is celebrated throughout the month with new salad and whole grain items.



LUNCH PRICES

| | |
|-------------|--------|
| Pre K and K | \$3.00 |
| Grades 1-8 | \$3.95 |
| Grades 9-12 | \$4.30 |
| Adult | \$4.30 |

Menus are subject to change without notice.



Milk Choice of 1%, Skim and Fat Free Chocolate is included with Lunch

For additional information, contact:
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