



March Breakfast Menu

ECE BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced
* = vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

NATIONAL SCHOOL BREAKFAST WEEK

The Quest for School Breakfast

Breakfast is a great way to start the day!
Join DC Central Kitchen for breakfast **March 2-6** and every day this month.



Monday	Tuesday	Wednesday	Thursday	Friday
2 blueberry chex orange wedges	3 bagel cream cheese jelly fresh apple slices	4 turkey sausage patty veggie breakfast sausage patty* biscuit cantaloupe	5 brown sugar oatmeal orange wedges	6 waffles syrup turkey bacon veggie breakfast sausage patty* honeydew
9 cinnamon rice chex fresh apple slices	10 whole grain french toast sticks orange wedges	11 turkey sausage patty veggie breakfast sausage patty* croissant cantaloupe	12 peaches granola vanilla yogurt	13 no school
16 blueberry chex fresh apple slices	17 turkey sausage patty veggie breakfast sausage patty* biscuit orange wedges	18 bagel cream cheese jelly cantaloupe	19 sweet strawberry oatmeal orange wedges	20 waffles syrup turkey bacon veggie breakfast sausage patty* honeydew
23 cinnamon rice chex fresh apple slices	24 turkey bacon & egg bake veggie breakfast sausage patty* croissant orange wedges	25 whole grain french toast sticks cantaloupe	26 blueberries granola vanilla yogurt	27 banana bread hard boiled egg honeydew
30 blueberry chex fresh apple slices	31 bagel cream cheese jelly orange wedges	1 turkey sausage patty veggie breakfast sausage patty* biscuit cantaloupe	2 brown sugar oatmeal orange wedges	3 waffles syrup turkey bacon veggie breakfast sausage patty* honeydew



March Breakfast Menu

K-12 BREAKFAST

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NATIONAL SCHOOL BREAKFAST WEEK

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Monday	Tuesday	Wednesday	Thursday	Friday
2 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	3 bagel cream cheese jelly fresh apple	4 scrambled eggs hot sauce biscuit jelly butter cantaloupe	5 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	6 whole grain waffles butter syrup scrambled eggs honeydew
9 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	10 whole grain french toast sticks scrambled eggs orange wedges	11 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	12 peaches granola vanilla yogurt 100% orange juice	13 no school
16 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	17 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges	18 bagel cream cheese jelly cantaloupe	19 sweet strawberry oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	20 whole grain waffles butter syrup scrambled eggs honeydew
23 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	24 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	25 whole grain french toast sticks scrambled eggs cantaloupe	26 blueberries granola vanilla yogurt 100% orange juice	27 banana bread hard boiled egg hot sauce honeydew
30 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	31 bagel cream cheese jelly orange wedges	1 scrambled eggs hot sauce biscuit jelly butter cantaloupe	2 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	3 whole grain waffles butter syrup scrambled eggs honeydew



March Breakfast Menu

GRAB N' GO BREAKFAST

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NATIONAL SCHOOL BREAKFAST WEEK

The Quest for School Breakfast

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Join DC Central Kitchen for breakfast **March 2-6** and every day this month.



Monday	Tuesday	Wednesday	Thursday	Friday
2 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	3 bagel cream cheese jelly fresh apple	4 biscuit jelly butter cantaloupe	5 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	6 whole grain waffles butter syrup honeydew
9 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	10 whole grain french toast sticks orange wedges	11 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	12 peaches granola vanilla yogurt 100% orange juice	13 no school
16 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	17 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges	18 bagel cream cheese jelly cantaloupe	19 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	20 whole grain waffles butter syrup honeydew
23 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	24 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	25 whole grain french toast sticks cantaloupe	26 blueberries granola vanilla yogurt 100% orange juice	27 banana bread hard boiled egg hot sauce honeydew
30 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	31 bagel cream cheese jelly orange wedges	1 biscuit jelly butter cantaloupe	2 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	3 whole grain waffles butter syrup honeydew



March Lunch Menu

LUNCH ECE

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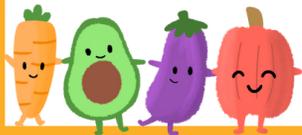
Menu subject to change based on availability

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NATIONAL NUTRITION MONTH

Let's celebrate by testing our nutrition knowledge!

- Which vitamin helps you stay healthy and fight sickness?
- True or False:** Meat and dairy products are the only sources of protein



1. Vitamin C. 2. False

Monday	Tuesday	Wednesday	Thursday	Friday
2 chicken & black bean empanadas cheese quesadilla* steamed corn honey lime dressing fresh apple slices	3 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes chilled peaches	4 herb roasted chicken veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash orange wedges	5 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh apple slices	6 crispy catfish red beans* yellow rice steamed green beans cantaloupe
9 taco beef chili black beans* cheese sauce tortilla chips southwest taco corn chilled peaches	10 pepperoni pizza cheese pizza* steamed green beans fresh apple slices	11 pulled bbq chicken sandwich veggie burger on a bun* steamed green peas orange wedges	12 orange glazed chicken orange glazed tofu brown rice steamed carrots chilled pears	13 no school
16 crispy catfish sandwich veggie burger on a bun* steamed corn chilled peaches	17 herb roasted chicken veggie chik'n nuggets* cornbread muffin steamed green beans fresh apple slices	18 turkey ham & cheddar melt grilled cheese* sweet potato wedges orange wedges	19 hot dog sliced lengthwise on a bun veggie burger on a bun* roasted red potatoes ketchup mustard fresh apple slices	20 diced crispy chicken tender bbq baked beans* mac & cheese braised collard greens cantaloupe
23 taco beef chipotle pinto beans* shredded cheddar tortillas steamed corn chilled peaches	24 cheese pizza* steamed green beans fresh apple slices	25 diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash syrup orange wedges	26 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup chilled pears	27 sweet chili chicken sweet chili tofu* brown rice steamed carrots cantaloupe
30 chicken & black bean empanadas cheese quesadilla* steamed corn honey lime dressing chilled peaches	31 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	1 herb roasted chicken veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash orange wedges	2 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh apple slices	3 crispy catfish red beans* yellow rice steamed green beans cantaloupe



March Lunch Menu

LUNCH K-8

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Student's choice of skim or 1% milk provided at every meal.

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Monday	Tuesday	Wednesday	Thursday	Friday
2 chicken & black bean empanadas cheese quesadilla* roasted tomato salsa steamed corn honey lime dressing fresh apple slices	3 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh grapes	4 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	5 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli fresh pear	6 crispy catfish red beans* hot sauce yellow rice steamed green beans sauteed cabbage cantaloupe
9 taco beef chili black beans* cheese sauce sour cream tortilla chips roasted tomato salsa southwest taco corn fresh grapes	10 pepperoni pizza cheese pizza* mixed greens salad cucumber coins italian dressing fresh apple slices	11 pulled bbq chicken sandwich veggie burger on a bun* black eyed peas* coleslaw orange wedges	12 orange glazed chicken orange glazed tofu brown rice steamed carrots steamed green peas fresh pear	13 no school
16 crispy catfish sandwich veggie burger on a bun* hot sauce mayo steamed corn green peas and carrots fresh grapes	17 herb roasted chicken drum veggie chik'n nuggets* cornbread muffin butternut squash puree steamed green beans fresh apple slices	18 turkey ham & cheddar melt grilled cheese* roasted broccoli sweet potato fries ketchup orange wedges	19 beef hot dog on a bun veggie burger on a bun* buffalo cauliflower roasted red potatoes ketchup mustard fresh pear	20 crispy chicken tender bbq baked beans* mac & cheese glazed carrots braised collard greens cantaloupe
23 taco beef tortillas shredded cheddar chipotle pinto beans* roasted tomato salsa shredded lettuce fresh grapes	24 cheese pizza* mixed greens salad ranch dressing cucumber coins fresh apple slices	25 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges	26 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear	27 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots cantaloupe
30 chicken & black bean empanadas cheese quesadilla* roasted tomato salsa steamed corn honey lime dressing fresh grapes	31 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	1 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	2 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli fresh pear	3 crispy catfish red beans* hot sauce yellow rice steamed green beans sauteed cabbage cantaloupe

NATIONAL NUTRITION MONTH

Let's celebrate by testing our nutrition knowledge!

- Which vitamin helps you stay healthy and fight sickness?
- True or False: Meat and dairy products are the only sources of protein



1. Vitamin C. 2. False



March Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

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NATIONAL NUTRITION MONTH

Let's celebrate by testing our nutrition knowledge!

1. Which vitamin helps you stay healthy and fight sickness?

2. **True or False:** Meat and dairy products are the only sources of protein



1. Vitamin C, 2. False

Monday	Tuesday	Wednesday	Thursday	Friday
2 chicken & black bean empanadas cheese quesadilla* roasted tomato salsa steamed corn honey lime dressing fresh apple slices	3 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh grapes	4 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	5 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed carrots roasted broccoli fresh pear	6 crispy catfish hot sauce red beans* yellow rice steamed green beans sauteed cabbage cantaloupe
9 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes	10 pepperoni pizza cheese pizza* mixed greens salad cucumber coins italian dressing fresh apple slices	11 pulled bbq chicken sandwich veggie burger on a bun* black eyed peas* coleslaw orange wedges	12 orange glazed chicken orange glazed tofu brown rice steamed carrots steamed green peas fresh pear	13 no school
16 crispy catfish sandwich veggie burger on a bun* hot sauce steamed corn green peas and carrots fresh grapes	17 herb roasted chicken drums veggie chik'n nuggets* cornbread muffin butternut squash puree steamed green beans fresh apple slices	18 turkey ham & cheddar melt grilled cheese* roasted broccoli sweet potato fries ketchup orange wedges	19 beef hot dog on a bun veggie burger on a bun* buffalo cauliflower roasted red potatoes ketchup mustard fresh pear	20 crispy chicken tender bbq baked beans* mac & cheese roll glazed carrots braised collard greens cantaloupe
23 taco beef shredded cheddar tortillas chipotle pinto beans* roasted tomato salsa shredded lettuce fresh grapes	24 cheese pizza* mixed greens salad ranch dressing cucumber coins fresh apple slices	25 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges	26 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear	27 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots cantaloupe
30 chicken & black bean empanadas cheese quesadilla* roasted tomato salsa steamed corn honey lime dressing fresh grapes	31 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	1 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	2 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed carrots roasted broccoli fresh pear	3 crispy catfish hot sauce red beans* yellow rice steamed green beans sauteed cabbage cantaloupe



March Supper Menu

DCPS SUPPER

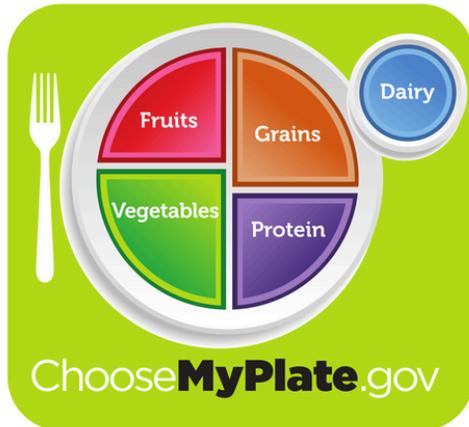
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Student's choice of skim or 1% milk provided at every meal.

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Healthy Meals for Active Students!
To create a healthy meal, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

Monday	Tuesday	Wednesday	Thursday	Friday
2 corn tortilla chips black bean & corn salsa cheese stick cantaloupe	3 whole grain flatbread shredded mozzarella house tomato sauce orange wedges	4 turkey ham & cheese hoagie mustard mayo baby carrots ranch dressing fresh pear	5 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh grapes	6 chicken salad sandwich snap peas fresh apple
9 sunbutter & jelly sandwich hummus baby carrots orange wedges	10 buffalo chicken wrap celery sticks ranch dressing cantaloupe	11 turkey ham & cheese stackables broccoli florets italian dressing fresh pear	12 mixed greens salad diced turkey ham shredded cheddar diced cucumbers honey mustard dressing multigrain SunChips fresh grapes	13 no school
16 corn tortilla chips black bean & corn salsa cheese stick orange wedges	17 whole grain flatbread shredded mozzarella house tomato sauce cantaloupe	18 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh pear	19 chicken salad sandwich baby carrots ranch dressing fresh grapes	20 turkey ham & cheese hoagie mustard mayo broccoli florets italian dressing fresh apple
23 sunbutter & jelly sandwich hummus cucumber coins orange wedges	24 sweet chili chicken wrap soy citrus kale slaw cantaloupe	25 turkey ham & cheese stackables baby carrots ranch dressing fresh pear	26 mixed greens salad diced turkey ham shredded cheddar diced cucumber honey mustard dressing multigrain SunChips fresh grapes	27 tuna salad wheat crackers celery sticks fresh apple
30 corn tortilla chips black bean & corn salsa cheese stick orange wedges	31 whole grain flatbread shredded mozzarella house tomato sauce cantaloupe	1 turkey ham & cheese hoagie mustard mayo baby carrots ranch dressing fresh pear	2 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh grapes	3 chicken salad sandwich snap peas fresh apple



March Snack

WWW.DCCENTRALKITCHEN.ORG

FOLLOW US ON SOCIAL MEDIA!



Monday	Tuesday	Wednesday	Thursday	Friday
pretzel goldfish cheese stick 2	hummus multigrain SunChips 3	cinnamon goldfish graham yogurt 4	fresh clementines cheese stick 5	apple slices cheese crackers 6
wheat crackers cheese stick 9	blueberry lemon crackers yogurt 10	cinnamon goldfish graham apple slices 11	cheese stick pretzel goldfish 12	no school 13
pretzel goldfish cheese stick 16	cinnamon goldfish graham yogurt 17	hummus multigrain SunChips 18	fresh clementines cheese stick 19	apple slices cheese crackers 20
wheat crackers cheese stick 23	blueberry lemon crackers yogurt 24	cinnamon goldfish graham apple slices 25	cheese stick pretzel goldfish 26	cheese crackers fresh clementines 27
pretzel goldfish cheese stick 30	hummus multigrain SunChips 31	cinnamon goldfish graham yogurt 1	fresh clementines cheese stick 2	apple slices cheese crackers 3

All grains served are whole grain rich

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March Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

3/02 - 3/06 & 3/30 - 4/03 CHEF SALAD

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - diced turkey ham
 - hard-boiled egg
 - chickpeas
- +pick your toppings**
 - sliced tomatoes
 - cucumber coins
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

3/09- 3/13 BBQ SALAD

- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

3/16 - 3/20 TACO SALAD

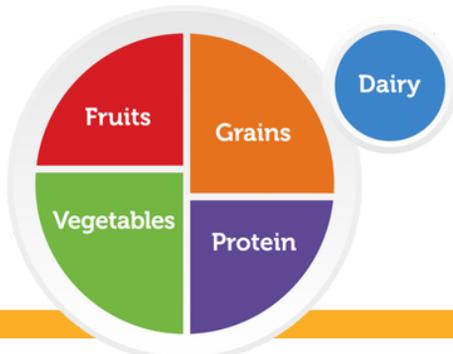
- + pick your base**
 - romaine lettuce
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - corn tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

3/23 - 3/27 HOT HONEY

- + pick your base**
 - romaine lettuce
- +pick your protein**
 - hot honey chicken
 - herb roasted chicken
- +pick your toppings**
 - kidney beans
 - diced cucumbers
 - shredded carrots
 - corn
 - shredded mozzarella
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - ranch dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!





March Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

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Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

3/02 - 3/06 & 3/30 - 4/03 CHEF SALAD

+ pick your base

- mixed greens salad

+pick your protein

- diced turkey ham
- hard-boiled egg
- chickpeas

+pick your toppings

- sliced tomatoes
- cucumber coins
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

3/09- 3/13 BBQ SALAD

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

3/16 - 3/20 TACO SALAD

+ pick your base

- romaine lettuce

+pick your protein

- cumin lime chicken
- black beans

+pick your toppings

- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- corn tortilla chips
- whole grain roll

+add your dressing

- honey lime dressing

3/23 - 3/27 HOT HONEY

+ pick your base

- romaine lettuce

+pick your protein

- hot honey chicken
- herb roasted chicken

+pick your toppings

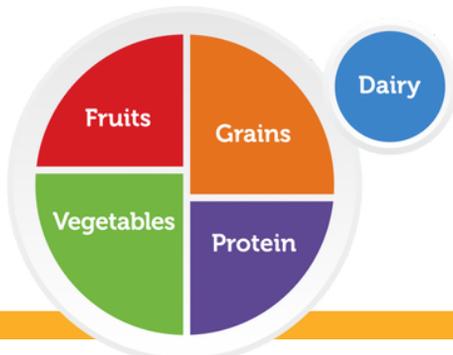
- kidney beans
- diced cucumbers
- shredded carrots
- corn
- shredded mozzarella
- whole grain croutons
- whole grain roll

+add your dressing

- ranch dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!





March Fusion Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

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Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

3/02 - 3/06 & 3/30 - 4/03 PASTA BOWL

- + pick your base**
 - whole grain rotini
- +pick your protein**
 - herb roasted chicken
 - chickpeas
- +pick your toppings**
 - steamed broccoli
 - roasted red bell peppers
 - roasted red potatoes
 - roasted zucchini
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce
 - alfredo sauce

3/09 - 3/13 FAJITA BOWL

- + pick your base**
 - cilantro lime brown rice
 - whole grain tortilla
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - sauteed peppers & onions
 - shredded lettuce
 - southwest taco corn
 - tomato salsa
 - shredded cheddar
- +add your sauce**
 - sour cream

3/16- 3/20 INDIAN BOWL

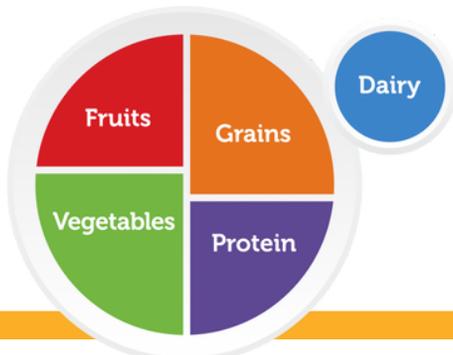
- + pick your base**
 - brown basmati rice
 - baby spinach
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sauteed cabbage
- +add your sauce**
 - yogurt lime dressing

3/23 - 2/27 TACO BOWL

- + pick your base**
 - cilantro lime rice
 - whole grain corn tortilla chips
- +pick your protein**
 - cumin lime chicken
 - cheddar cheese
 - black beans
- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - corn

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!





March Sandwich Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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Student's choice of skim or 1% milk provided at every meal.

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 Mon - grapes; Tues - apple; Wed - orange;
 Thurs - pear; Fri - cantaloupe

3/02 - 3/06 & 3/30 - 4/03 GRILLED CHEESE

- grilled cheese**
- whole grain bread
 - cheddar cheese

3/09 - 3/13 TURKEY CLUB

- turkey club**
- whole grain hoagie
 - sliced turkey
 - turkey bacon
 - lettuce & tomato

3/16- 3/20 CHEESEBURGER

- cheeseburger**
- whole grain bun
 - all beef burger
 - cheddar cheese
 - lettuce & tomato
 - ketchup & mustard

3/23 - 2/27 MEATBALL SUB

- meatball sub**
- whole grain hoagie
 - turkey meatballs
 - house tomato sauce
 - provolone cheese

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!

