



# MARCH | 2018

## Meadowlawn & Furry Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Wellness Tip of the Month</b>  <b>Leprechauns look for rainbows &amp; you should, too. Eat a rainbow of colors with your fruit and veggies!</b></p>			<p><b>1</b>            Cheeseburger/bun            French fries            Lunch bunch grapes              Sandwich of the week: Turkey</p>	<p><b>2</b>            Crunchy breaded mozzarella sticks w/marinara sauce            Crisp green salad            Mixed fruit</p>
<p><b>5</b>            Tyson chicken fingers            Soft pretzel rod            Mini carrots &amp; ranch            Chilled diced pears              Sandwich of the week: Ham</p>	<p><b>6</b>            Garlic flat bread w/marinara sauce            Celery sticks            Mandarin orange smiles</p>	<p><b>7</b>            Hot dog/Coney bun            Steamed broccoli            Baked beans            Chilled peaches</p>	<p><b>8</b> Breakfast for Lunch!            Waffles w/syrup            Jones sausage links            Hash brown tater tots            Orange juice</p>	<p><b>9</b>            Tony's pepperoni pizza            Green beans            Pineapple tidbits</p>
<p><b>12</b>            Girl Scouts Founded 1912            Chicken nuggets            Dinner roll            Mini carrots &amp; ranch            Cinnamon applesauce            Sandwich of the week: Turkey</p>	<p><b>13</b>            Crazy pasta w/meat sauce            Garlic bread            Crisp romaine salad            Crisp apple</p>	<p><b>14</b>            National Pi Day (3/14)            Pepperoni pizza pi            Steamed broccoli            Lunch bunch grapes</p>	<p><b>15</b>            Walking taco            Mini carrots w/dip            Chilled peaches            Keebler graham crackers</p>	<p><b>16</b>            Nachos &amp; cheese            Saucy refried beans            Mixed fruit    </p>
<p><b>19</b>            Hot dog/Coney bun            Baked beans            Green beans            Chilled pears            Sandwich of the week: Ham</p>	<p><b>20</b>            Popcorn chicken bites            Mini carrots &amp; ranch            Crisp fresh apple            Cinnamon goldfish</p>	<p><b>21</b>            Sloppy joe/bun            Crisp romaine salad            Mandarin orange smiles</p>	<p><b>22</b>            Chicken patty/bun            Oven baked French fries            Petite banana</p>	<p><b>23</b>            Tony's cheese pizza            California blend veggies            Pineapple tidbits &amp; bananas</p>
<p><b>26</b>            Chicken nuggets            Broccoli &amp; carrots            Orange wedges            Vanilla goldfish              Sandwich of the week: Turkey</p>	<p><b>27</b>            Pancakes w/syrup            Jones sausage links            Sweetie tater tots            Crazy juice</p>	<p><b>28</b>            Grilled hamburger/bun            French fries            Lunch bunch grapes</p>	<p><b>29</b>            Mini corn dogs            Baked beans            Cook's Choice fruit            Cook's Choice veggie</p>	<p><b>30</b>            Take a Walk in the Park              Spring Break Begins    </p>

### Lunch Prices

**Student: \$2.50**  
**Student milk \$.50**  
**Adult \$3.25**

**Toft's milk is served with each meal.**  
**Choice of Sandwich of the Week or peanut butter and jelly sandwich.**

Did you know school lunch has many regulations to insure that students receive a healthy well balanced meal? Meals have whole grains, fruits, vegetables, and protein. Low fat milk is served with each meal. A rainbow of vegetables is served each week to provide a variety of vitamins and minerals. Snacks must meet the Smart Snack guidelines. Tyson, DeMonte, and Tony's are just some of the brand name foods that are served to our students. School lunch is a real meal deal!

*This institution is an equal opportunity provider.*