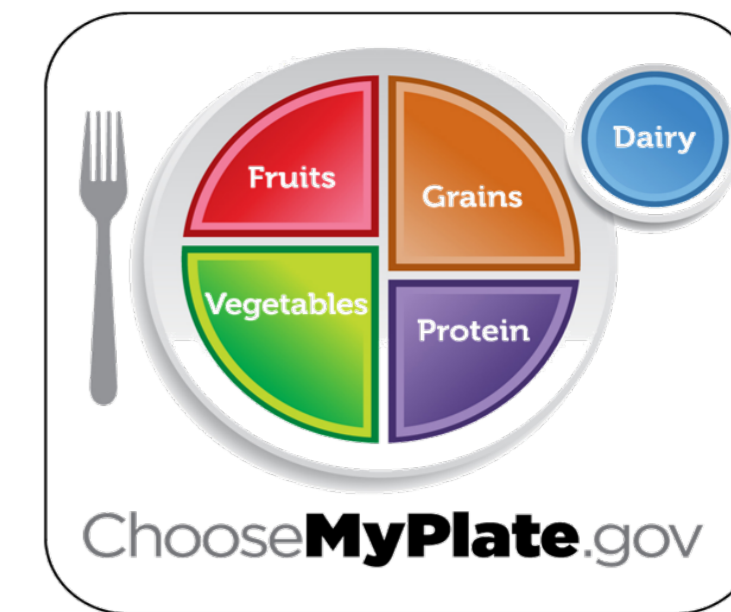




# Elementary Lunch Menu March 2012

General Manager, Jim Mandichak, 444-3251



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1-Mar</b> Chicken Nuggets with <u>Whole Grain Roll</u> or Hot Ham /Ch./ Pretzel Bun <b>Featured Veggie:</b> Steamed Broccoli Choice of Fruit Choice of Milk	<b>2-Mar</b> <b>Dr. Seuss' Birthday</b> <u>French Bread Pizza</u> or Fish Nuggets w/Roll <b>Featured Veggie:</b> Small Garden Salad Choice of Fruit Choice of Milk
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
<u>General Tso's Chicken with Brown Rice</u> or <u>BBQue Rib Sandwich</u> <b>Featured Veggie:</b> Steamed Carrots Choice of Fruit Choice of Milk	<u>Turkey and Cheese Quesadilla</u> or <u>Hamburger on a Bun</u> <b>Featured Veggie:</b> Oven Baked Fries Choice of Fruit Choice of Milk	<u>Popcorn Chicken with Breadstick</u> or <u>Italian Wrap</u> <b>Featured Veggie:</b> Steamed Sweet Peas Choice of Fruit Choice of Milk	<u>Whole Grain Pasta with Meat Sauce / Roll</u> or <u>Turkey &amp; Cheese Hoagie</u> <b>Featured Veggie:</b> Small Garden Salad Choice of Fruit Choice of Milk	<u>Pepperoni Pizza</u> or <u>Tuna Melt</u> <b>Featured Veggie:</b> Steamed Green Beans Choice of Fruit Choice of Milk
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
<u>Soft Shell Taco w/cheese and lettuce</u> or <u>Chicken Tenders w/Roll</u> <b>Featured Veggie:</b> Steamed Mixed Veggies Choice of Fruit Choice of Milk	<u>Hot Turkey Sandwich</u> or <u>Corn Dog</u> <b>Featured Veggie:</b> Whipped Potatoes/Gravy Choice of Fruit Choice of Milk	<u>Chicken &amp; Gravy w/ Biscuit</u> or <u>Hot Ham &amp; Cheese Sandwich</u> <b>Featured Veggie:</b> Steamed Broccoli Choice of Fruit Choice of Milk	<u>Italian Meatball Hoagie</u> or <u>Chicken Patty on a Bun</u> <b>Featured Veggie:</b> Mexicali Corn Choice of Fruit Choice of Milk	<b>Go for the Greens</b> <u>Cheese Pizza</u> or <u>Egg &amp; Cheese Croissant</u> <b>Featured Veggie:</b> Small Garden Salad Choice of Fruit Choice of Milk
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
<u>Chicken Nuggets with Bread Stick</u> or <u>Toasted Cheese Sandwich</u> <b>Featured Veggie:</b> Tomato Soup Choice of Fruit Choice of Milk	<u>Hearty Chicken Soup Whole Wheat Roll</u> or <u>Hot Ham &amp; Cheese/Pretzel Bun</u> <b>Featured Veggie:</b> Mixed Veggies Choice of Fruit Choice of Milk	<u>Popcorn Chicken w/ Whole Wheat Roll</u> or <u>Turkey &amp; Cheese Sandwich</u> <b>Featured Veggie:</b> Steamed Green Beans Choice of Fruit Choice of Milk	<u>Pancakes with Turkey Sausage</u> or <u>Grilled Turkey Hotdog/Bun</u> <b>Featured Veggie:</b> Oven Tator Tots Choice of Fruit Choice of Milk	<u>Cheese and Pepperoni Stromboli</u> or <u>Oven Baked Fish Wedge/Bun</u> <b>Featured Veggie:</b> Orange Glazed Carrots Choice of Fruit Choice of Milk
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
<u>Chicken Fajitas with Cheese and Lettuce</u> or <u>Hamburger on a Bun</u> <b>Featured Veggie:</b> Oven Baked Fries Choice of Fruit Choice of Milk	<u>Whole Grain Pasta with Meatballs and Roll</u> or <u>Italian Hoagie</u> <b>Featured Veggie:</b> Small Garden Salad Choice of Fruit Choice of Milk	<u>Pulled Barbeque Pork Sandwich</u> or <u>Chicken Patty on a Bun</u> <b>Featured Veggie:</b> Steamed Corn Choice of Fruit Choice of Milk	<u>Philly Steak Hoagie</u> or <u>Egg,Ham &amp; Cheese on a Bun</u> <b>Featured Veggie:</b> Oven Baked Tri-Tator Choice of Fruit Choice of Milk	<u>Italian Dunkers w/ Pizza Sauce</u> or <u>Fish Nuggets w/Roll</u> <b>Featured Veggie:</b> Tossed Salad Choice of Fruit Choice of Milk

**Student Paid Lunch \$1.40**

**Student Reduced Lunch \$0.40**

**Adult Lunch 2.90**

**What's a Meal?**

You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of 2 fruits and/or 2 vegetables, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).

**LEAVE YOUR LUNCH BOX AT HOME!  
DAILY ENTRÉE OPTIONS INCLUDE:**

Featured Salad: Low Fat Cottage Cheese with Fruit on Greens  
 Garden Salad w/ Whole Wheat Roll  
 PB&J w/ Mozzarella Cheese Stick  
 Yogurt Parfait with Mozzarella Cheese Stick  
 Featured Sandwich or Wrap: Turkey & Cheese Hoagie

**Daily Fruit/Vegetable Selections**

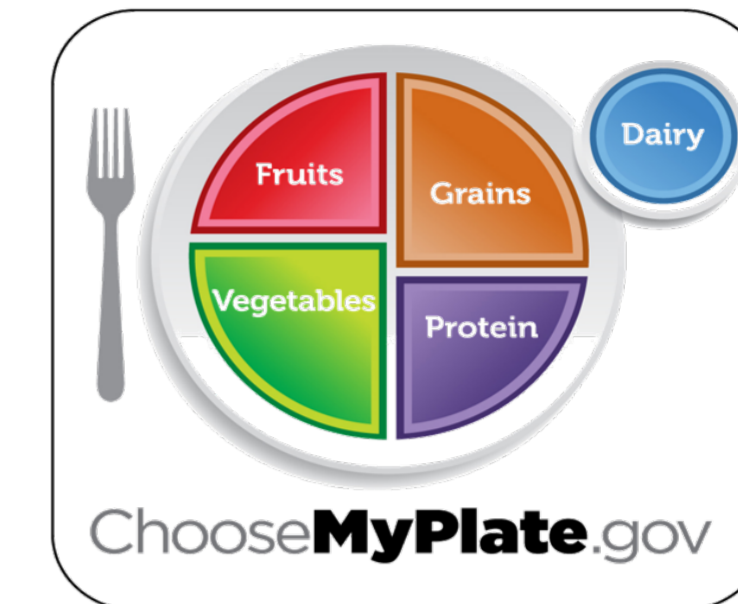
**May Include:**

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, Mandarin Oranges, Spring Salad, Celery Sticks, Carrot Sticks, Broccoli, Cauliflower, Cucumbers, and Peppers.



## Nutritious Definition of the Month: National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition & Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. For more information on the national campaign, please visit the Academy of Nutrition & Dietetics at [www.eatright.org](http://www.eatright.org).



### CHEF METZ INVESTIGATES: NATIONAL NUTRITION MONTH

#### **FAST FACTS:**

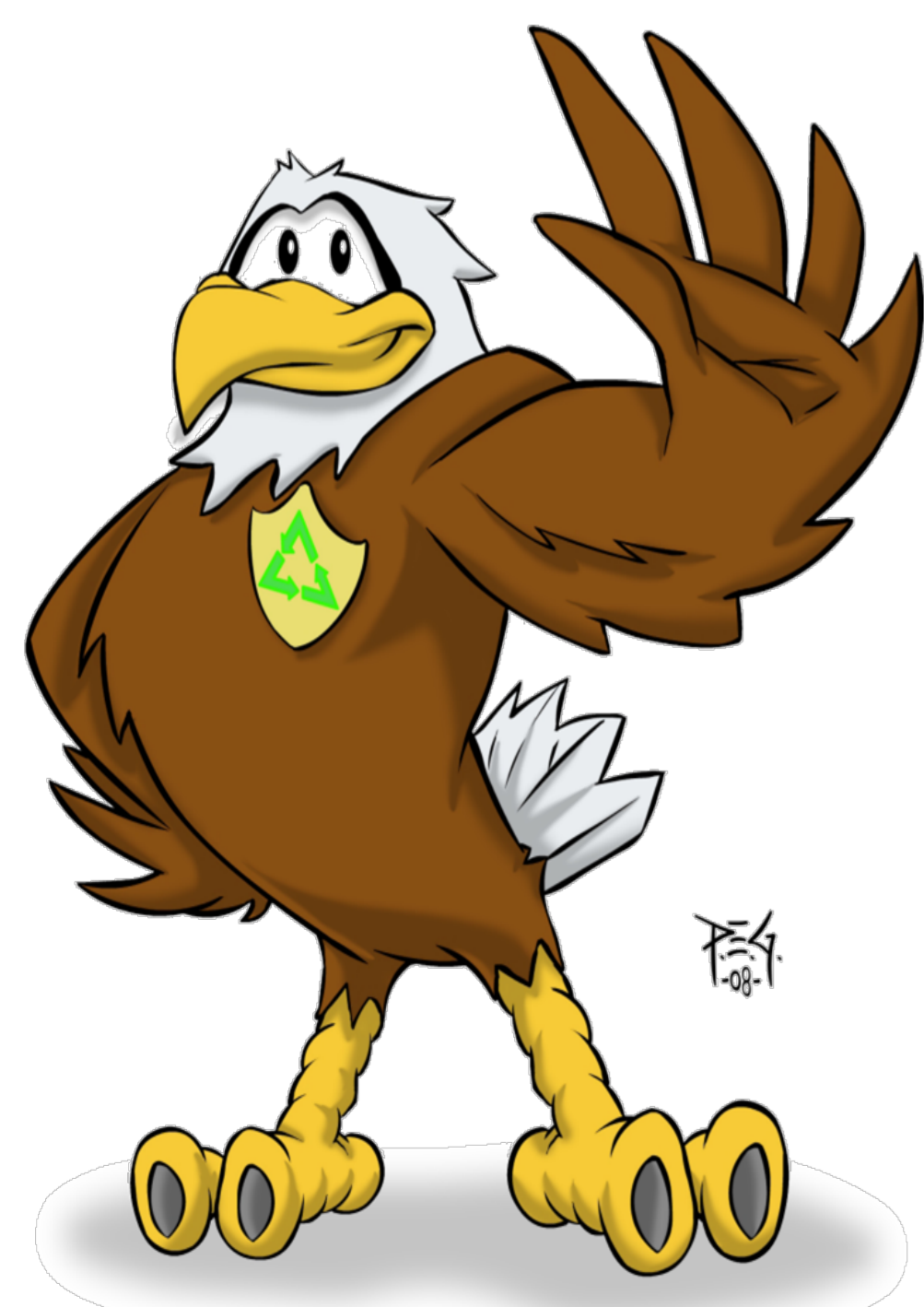
The theme for 2012 National Nutrition Month: **GET YOUR PLATE IN SHAPE.**

This year's National Nutrition Month theme encourages consumers to ensure they are eating the recommended amounts of fruits, vegetables, grains, protein foods and dairy each day. Launched in June 2011, USDA's MyPlate replaced MyPyramid as the government's primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the 2010 Dietary Guidelines.

Dividing the plate into four sections: fruits, vegetables, grains and proteins, as well as a glass representing dairy products, it shows consumers how they can incorporate the recommendations of the Dietary Guidelines into every meal.



### Scout the Eco Eagle Focuses on: Pollution



#### **WHAT TYPES OF POLLUTION ARE THERE**

There are nine basic types of environmental pollution, and each one has detrimental affects on wildlife, human habitation, and the quality of life in the affected area. They are: air pollution, water pollution, soil pollution, noise pollution, light pollution, radioactive pollution, thermal pollution, visual pollution, and personal pollution. Below is information on some of the most talked about types of pollution.

**Air Pollution** is defined as any contamination of the atmosphere that disturbs the natural composition and chemistry of the air.

**Water Pollution** involves any contaminated water, whether from chemical, particulate, or bacterial matter that degrades the water's quality and purity.

**Soil, or land pollution**, is contamination of the soil that prevents natural growth and balance in the land.

**Noise pollution** refers to undesirable levels of noises caused by human activity that disrupt the standard of living in the affected area.

**Light pollution** is over illumination of an area that is considered obtrusive,

Reference: [http://greenliving.lovetoknow.com/Types\\_of\\_Pollution](http://greenliving.lovetoknow.com/Types_of_Pollution)

Visit Scout the Eco Eagle on Twitter at <http://twitter.com/@ScoutEcoEagle>.