

7-12 Lunch Menu

March 2018

				<p>Thursday, March 1</p> <p>A-Baked Chicken Drumstick B-Baked Potato Bar WW Roll Fresh Broccoli Cherry Tomatoes Fruit</p>	<p>Friday, March 2</p> <p>A-Sloppy Joe on Bun B-Beef Taco Potato Rounds w/ cheese Red Beans & Rice Fruit</p>
<p>Monday, March 5</p> <p>A-Burrito B-Soft Shell Chix Taco Tortilla Chips Salsa Romaine & Tomato Mexican Corn Fruit</p>	<p>Tuesday, March 6</p> <p>A-Stromboli Square Garlic Breadstick B-Buffalo Chix Pizza Garden Salad Baby Carrots Fruit</p>	<p>Wednesday, March 7</p> <p>A-BBQ Beef on Bun B-Chix Carbonara Sub Peas Baked Beans Royal Brownie Fruit</p>	<p>Thursday, March 8</p> <p>A-Turkey & Cheese Sub B-Mini Tacos Romaine & Tomato Sweet Potato Fries Fruit</p>	<p>Friday, March 9</p> <p>A-Country Style Beef Patty B-Chix Alfredo WW Roll Mashed Potato & Gravy Broccoli Fruit</p>	
<p>Monday, March 12</p> <p>A-Pig in a Blanket B-Chicken Parmesan Sub Roasted Red Potatoes Broccoli w/ cheese Fruit</p>	<p>Tuesday, March 13</p> <p>A-Pizza Crunchers B-Ham & Cheese Croissant Sweet Potato Fries Fresh Cauliflower Fruit</p>	<p>Wednesday, March 14</p> <p>A-Spaghetti w/ meat sauce B-Tater Tot Casserole Garlic Bread Garden Salad Green Beans, Fruit</p>	<p>Thursday, March 15</p> <p>A-Taco Salad B-Nacho Lil Bites Salsa Red Pepper Strips Spicy Pinto Beans Fruit</p>	<p>Friday, March 16</p> <p>A-Corned Beef B-Chef's Choice Irish Soda Bread Cabbage Red Potatoes Fruit</p>	
<p>Monday, March 19</p> <p>A-Mini Meatball Sub B-BBQ Chix Sliders Ranch Potato Wedges Tossed Salad Fruit</p>	<p>Tuesday, March 20</p> <p>A-BBQ Chix Drumstick w/roll B-Philly Steak Sub Baked Beans Creamy Coleslaw Fruit</p>	<p>Wednesday, March 21</p> <p>A-Chicken & Noodles B-Meatloaf WW Roll Mashed Potatoes Fresh Baby Carrots Fruit</p>	<p>Thursday, March 22</p> <p>A-Pizza B-Irish Nachos Broccoli Cherry Tomatoes Fruit</p>	<p>Friday, March 23</p> <p>A-Biscuit & Gravy Sausage Patty B-Chix Strips w/biscuit Wax Beans Hash Brown Patty Fruit</p>	
<p>Monday, March 26</p> <p>Chef's Choice for Entrée, Grain, Vegetable, and Fruit</p>	<p>Tuesday, March 27</p> <p>Chef's Choice for Entrée, Grain, Vegetable, and Fruit</p>	<p>Wednesday, March 28</p> <p></p>	<p>Thursday, March 29</p> <p>Friday, March 30</p> <p></p>		

Menus are subject to change.

Spoon River Valley CUSD #4 35265 N IL Hwy 97 London Mills, IL 61544

This institution is an equal opportunity provider.

Food Bytes

♥ School Breakfast

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. All students can participate.

March 5-9 is National School Breakfast Week (NSBW). The #NSBW2018 theme is "I ♥ School Breakfast". It encourages everyone to share how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

March

- National Nutrition Month
- National Agriculture Day (March 20)
- National School Breakfast Week (March 5-9)