

Tussey Mountain Elementary Lunch Menu March

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Lunch Prices:
Paid \$2.40
Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	03/01 PBJ Chicken Noodle Soup Steamed Carrots Apple Fat Free milk	03/02 DR. SUESS DAY One Fish ,Two Fish, Red fish, Blue Fish Sticks Baked Beans Cup Cake Mixed Fruit Fat Free Milk Green Eggs & Ham Breakfast	03/03 Chicken Nuggets Mashed Potatoes w/Gravy Dinner Roll Berry Apple Sauce Fat Free Milk	03/04 Home Made Cheese Pizza Steamed Green Beans Apple sauce Fat Free Milk Lucky Tray Day !!
03/07 Meatloaf Mashed Potatoes w/ Gravy Dinner roll Diced Peaches Fat Free Milk	03/08 Stromboli Steamed Broccoli Sliced Apples Fat Free Milk Lucky Tray Day!! 	03/09 Spaghetti w/ Meatballs Mixed Veggies Garlic Bread Chilled Peaches Fat Free Milk	03/10 Burrito Bowl Black Beans Pineapple Tidbits Fat Free Milk 	03/11 Toasted Cheese Sandwich Tomato Soup Steamed Carrots Fruit Cup Fat Free Milk
03/14 Breakfast For Lunch French Toast Sticks Sausage Links Tator Tots Orange Juice Fat Free Milk	03/15 Cheese Dog in a Blanket Steamed Mixed Veggies Pineapple Fat Free Milk Lucky Tray Day !! 	03/16 GO FOR THE GREENS Chicken & Broccoli Casserole Romaine Salad, Spinach Chilled Applesauce Fat Free Milk 	03/17 HOLIDAY DINNER Baked Ham Mashed Potatoes w/ Gravy Stuffing, Corn Mandarin Oranges Fat Free Milk Cookie	03/18 Home Made Cheese Pizza Baked Beans Strawberries Fat Free Milk
03/21 Italian Panini Steamed Green Beans Mixed Fruit Cup Fat Free Milk	03/22 Corn Dog Nuggets Baked Fries Sliced Peaches Fat Free Milk Lucky Tray Day !!	03/23 Beef a Roni Garlic Bread Broccoli Diced Pears Fat Free Milk  	03/24 IN SERVICE 	03/25 No School! 
03/28 No School! 	03/29 BBQ Pulled Pork Sandwich Cheesy Broccoli Diced Pears Fat Free Milk	03/30 Chicken Fajita Santa Fe Rice Refried Beans Apple Slices Fat free Milk	03/31 National Tator Day!! Popcorn Chicken Baked Potato Mandarin Oranges Fat Free Milk 	 Recipe of the month Fresh Produce from Local Farms 
				The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
Monday Alternative Hot Dog On a Bun	Tuesday Alternative Hamburger or Cheese Burger	Wednesday Alternative Chicken Nuggets	Thursday Alternative Chicken Patty	Friday Alternative BBQ Chicken Sandwich