

Artificial  
Ingredients,  
Additives,  
Preservatives

High-Fructose  
Corn Syrup

Fried Foods  
Mystery Meats




ALWAYS fresh  
NEVER frozen

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4-Star Schod  
Lunch Provider!



Mar. 2019. Lunch. Elementary.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Students must choose a FRUIT and/ or a VEG + 2 additional components to make a complete meal</i></p>				<p>Chef's Choice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint</p>
No School 4	Baked Chicken Tenders Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 5	Hard Shell Tacos Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 6	All Beef Hot Dog French Fries! Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 7	Grilled Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 8
Cheese Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 11	Baked Chicken Sandwich Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 12	Spaghetti w. Meatballs Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 13	BBQ Chicken Served w. Brown Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 14	Cheeseburger Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 15
Pasta w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 18	Baked Chicken Nuggets Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 19	Chef's Choice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint 20	No School 21	No School 22
No School 25	No School 26	No School 27	No School 28	No School 29

**Broccoli:**



~Broccoli helps boost immunity

~The Vitamin C and K in broccoli help maintain healthy bones, regulates blood pressure, fights heart disease, diabetes, and much, much more!

Broccoli can be incorporated into your diet in so many ways!

Try it FRESH, Steamed, Roasted, Sautéed, in a Dish or a Salad!

