

Menus for
March
2020

Nashua Elementary Schools

This institution is an equal opportunity provider. Menus are subject to change.

EGG-CELLENT.



Ah, the humble, wonderful egg!
Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily
Assorted Sandwiches on WG Bread
(Ham, Turkey, Tuna, SB & J)
Yogurt Lunch w/WG Bread
w/g = Whole Grain
* Indicates Soy
Cereal & Toast is w/g
Daily Salad Bar

I  SCHOOL BREAKFAST

Kids Join us March 2-6 for
National School Breakfast Week 2020

Monday, March 2

Breakfast

Cereal & Toast Or
Bagel* & Cream Cheese
Fruit, 100% Juice, Milk

Lunch

Chicken Nuggets*
w/g Dinner Roll
Salad Bar
Steamed Broccoli
Orange Smiles
Milk

Tuesday, March 3

Breakfast

Cereal & Toast Or
w/g Breakfast Bun*
Fruit, 100% Juice, Milk

Lunch

Cheeseburger Or
Hamburger On A w/g
Bun, Sweet Corn
Salad Bar
Kiwi, 100% Juice
Milk

Wednesday, March 4

Breakfast

Cereal & Toast Or
w/g Blueberry Muffin*
Fruit, 100% Juice, Milk

Lunch

Cheese Quesadilla* W/
Salsa
Spanish Rice
Cheesy Refried Beans
Salad Bar
Fruit Mix
Milk

Thursday, March 5

Breakfast

Cereal & Toast Or
Hot Oatmeal Bar
Fruit, 100% Juice, Milk

Lunch

Breakfast For Lunch ~
Egg & Sausage Patty
Sandwich*
KK Sweet Potato Fries
Salad Bar, Banana
100% Juice, Milk

Friday, March 6

Breakfast

Cereal & Toast Or
w/g Cook's Choice*
Fruit, 100% Juice, Milk

Lunch

Stuffed Crust Cheese
Pizza*
Salad Bar W/ Carrots &
Lite Ranch Dip
Strawberries W/ Whip
Topping
Milk

Monday, March 9

Breakfast

Cereal & Toast Or
w/g Choc. Chip Muffin*
Fruit, 100% Juice, Milk

Lunch

Corn Dog On A Stick*
Bag Of Baked Lay's
Potato Chips, Salad Bar
W/ Carrots & Dip
Fruit Mix
Milk

Tuesday, March 10

Breakfast

Cereal & Toast Or
w/g Breakfast Bar*
Fruit, 100% Juice, Milk

Lunch

Crispy Popcorn
Chicken*
Pasta Salad
Salad Bar
Seasoned Green Beans
Apple, 100% Juice
Milk

Wednesday, March 11

Breakfast

Cereal & Toast Or
w/g Mini Maple Waffles*
Fruit, 100% Juice, Milk

Lunch

Creamy Macaroni &
Cheese
Steamed Broccoli
Salad Bar
Orange Wedges
Milk

Thursday, March 12

Breakfast

Cereal & Toast Or
Egg & Cheese Sandwich*
Fruit, 100% Juice, Milk

Lunch

Seasoned Beef In A
Soft Shell Tortilla
Cheese, Salsa, Lettuce
& Tomatoes, Refried
Beans, Salad Bar
Orange Smiles
100% Juice, Milk

Friday, March 13

Breakfast

Cereal & Toast Or
w/g Cinnamon Roll*
Fruit, 100% Juice, Milk

Lunch

Cheese Wedge Pizza
Slice*
Salad Bar
Golden Sweet Corn
Pears
Milk



**Don't forget to set
your clocks forward
one hour on Sunday
March 8th!**

Monday, March 16

Breakfast

Cereal & Toast Or
Cooks Choice*
Fruit, 100% Juice, Milk

Lunch

Meatless Monday ~
Breaded Mozzarella
Cheese Sticks* w/
Marinara Sauce
Salad Bar
Savory Green Beans
Orange Wedges, Milk

Tuesday, March 17

Breakfast

Cereal & Toast Or
w/g Cinni Mini*
Fruit, 100% Juice, Milk

Lunch

Chicken Nuggets*
Potato Smiles
Salad Bar W/ Carrots &
Dip, Pears, 100% Juice
Milk
St. Patrick's Day Ice
Cream Treat

Wednesday, March 18

Breakfast

Cereal & Toast Or
w/g Mini Maple Pancakes*
Fruit, 100% Juice, Milk

Lunch

Cook's Choice* Or Extra
Cheesy Pasta Bake
Steamed Broccoli
Salad Bar
Assorted Fruits, Milk

Early Release Day

Thursday, March 19

Breakfast

Cereal & Toast Or
Hot Oatmeal Bar
Fruit, 100% Juice, Milk

Lunch

Sloppy Joe On A w/g
Bun, French Fries
Salad Bar
Chocolate Pudding W/
Whip Topping,
Peaches, 100% Juice
Milk

Friday, March 20

Breakfast

Cereal & Toast Or
w/g Breakfast Bun*
Fruit, 100% Juice, Milk

Lunch

4 X 6 Cheese Pizza*
Salad Bar W/ Carrots &
Lite Ranch Dip
Marinated Bean Salad
Applesauce
Milk

Monday, March 23

Breakfast

Cereal & Toast Or
w/g Apple Muffin*
Fruit, 100% Juice, Milk

Lunch

All Beef Hot Dog On A
w/g Roll
Baked Beans
Golden Corn
Salad Bar
Strawberry Cup
Milk

Tuesday, March 24

Breakfast

Cereal & Toast Or
w/g Cinnamon Roll*
Fruit, 100% Juice, Milk

Lunch

BBQ Pulled Pork*
Sliders
Oven Baked Fries
Salad Bar
Peaches
100% Juice, Milk

Wednesday, March 25

Breakfast

Cereal & Toast Or
w/g Cinni Mini*
Fruit, 100% Juice, Milk

Lunch

Cheeseburger Or
Hamburger On A w/g
Bun, Salad Bar
Seasoned Green Beans
Fruit Cocktail
Milk

Thursday, March 26

Breakfast

Cereal & Toast Or
w/g Donut Holes*
Fruit, 100% Juice, Milk

Lunch

Chicken Pick Up Sticks*
Crispy Potato Puffs
Salad Bar
Pineapple Tidbits
100% Juice
Milk

Friday, March 27

Breakfast

Cereal & Toast Or
Cook's Choice*
Fruit, 100% Juice, Milk

Lunch

Cheese Pizza
Favorites*
Salad Bar W/ Carrots
& Lite Ranch Dip
Fruit Choice
Milk

Monday, March 30

Breakfast

Cereal & Toast Or
Bagel* W/ Cream Cheese
Fruit, 100% Juice, Milk

Lunch

Mike's Cheese Filled
Dunkers*
Creamy Tomato Soup
Steamed Broccoli Bites
Salad Bar
Applesauce
Milk

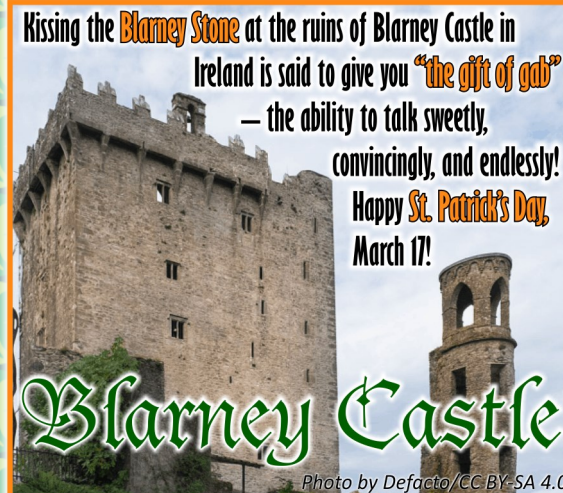
Tuesday, March 31

Breakfast

Cereal & Toast Or
w/g Breakfast Bar*
Fruit, 100% Juice, Milk

Lunch

Pasta w/Meat Sauce
Shredded Mozzarella
Cheese
Green Beans
Salad Bar
Kiwi
100% Juice, Milk



Q: How do you turn soup to gold?



A: Put 14 carrots in it!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

