

March 2020

Headstart Lunch Menu

LUNCH

“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”

For complete statement go to website at: http://ww1.rcstn.net/departments/school_nutrition/u_s_d_a_non-_discrimination_statement/

Monday

Grilled Cheese Sandwich *On Whole Grain Bread*

2

½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole grain Mini Chicken Tacos *W/ Queso Cheese Sauce*

9

½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Tuesday

3

Thick Crust Whole Grain Cheese Pizza

10

½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Wednesday

Popcorn Chicken *With Whole Grain Breading*

4

½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole Grain Breaded Crispy Chicken Sandwich *On a Whole Grain Roll*

11

½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Thursday

Scrambled Eggs and Sausage *With a Whole Grain Biscuit*

5

½ Cup Fruitable Tropical Twist
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Grilled Cheese Sandwich *On Whole Grain Bread*

12

½ Cup Fresh Baby Carrots with Ranch
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Friday

Spaghetti and Meatsauce *Made with Whole Grain Spaghetti*

6

½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Mandarin Orange Chicken

13

½ Cup Whole Grain Lo-Mein Noodles
½ Cup Steamed Broccoli
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

No School In Session Spring Break

Grilled Cheese Sandwich *On Whole Grain Bread*

23

½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Cheeseburger *On a Whole Grain Roll*

24

½ Cup French Fries
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Popcorn Chicken *With Whole Grain Breading*

25

½ Cup Mashed Potatoes and Gravy
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Scrambled Eggs and Sausage *With a Whole Grain Biscuit*

26

½ Cup Fruitable Tropical Twist
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Spaghetti and Meatsauce *Made with Whole Grain Spaghetti*

27

½ Cup Broccoli and Cheese
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Whole grain Mini Chicken Tacos *W/ Queso Cheese Sauce*

30

½ Cup Corn
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

Thick Crust Whole Grain Cheese Pizza

31

½ Cup Green Beans
½ Cup Fruit
1 Cup 1% Sweet Acidophilus Milk

www.schoolcafe.com

- Check your student's meal account balance
- Check calories, carbohydrate counts, etc. on menu items
- Apply for free or reduced meals
- Make Payments your student's account (for a small fee)

