

Moorhead Lunch - March 2012

Student lunch \$1.70 Reduced price \$.40

All meals include a trip to Chartwells food bar. Daily food bar offerings include a variety of fruits and vegetables such as: romaine lettuce, fresh broccoli, baby carrots, fresh fruit, canned fruit and composed salads.

			1	2
			Chicken & Cheese Quesadilla served w/ salsa OR WG Mini Corn Dog Nuggets w/WG Biscuit Black Beans Fresh Banana Choice of Milk	Cheese Pizza on WG Crust OR Breaded Chicken Sandwich on WG Bun Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
5	6	7	8	9
Grilled Chicken Sandwich on WG Bun OR Cheeseburger Salad Baked Sweet Potato Fries Locally Grown Apple Choice of Milk	Carved Turkey with Homemade Gravy WG Dinner Roll OR Cheeseburger on WG Bun Mashed Potatoes Chilled Pears Choice of Milk	Sloppy Joe Cupcakes OR Chicken Snack Wrap Seasoned Carrots Chilled Peaches Choice of Milk	Turkey Hot Dog on a WG Bun OR Baked Ziti w/WG Pasta Tater Tots Fresh Orange Wedges Choice of Milk	Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa OR Cheese Pizza on WG Crust Rice & Beans Chilled Pineapples Choice of Milk
12	13	14	15	16
Cheese Burger on WG Bun OR Chicken Fajita on WG Tortilla Seasoned Green Beans Fruit Crisp Choice of Milk	WG French Toast Sticks w/ Turkey Sausage OR Corn Dog w/WG Biscuit Seasoned Carrots & Peas Fresh Banana Choice of Milk	Cheesy Chicken & Rice OR Fish Sandwich on WG Bun Romaine Side Salad Fresh Apple Choice of Milk	WG Chicken Nuggets OR Ham & Cheese on WG Bun Steamed Broccoli with Cheese Chilled Pears Choice of Milk	Pepperoni Pizza on WG Crust OR Chicken Bruschetta Salad Refried Beans Fresh Orange Wedges Choice of Milk
19	20	21	22	23
BBO Riblet on WG Bun OR Warm Chicken Snack Wrap Seasoned Carrots and Peas Chilled Peaches Choice of Milk	WG Baked Breaded Chicken Nuggets OR Turkey & Cheese Sub Homemade Baked Beans Fruit Goop Choice of Milk	Pasta & Italian Meat Sauce OR Cheeseburger on WG Bun Seasoned Green Beans Banana Choice of Milk	WG French Toast Sticks w/ Scrambled Eggs OR Mandarin Orange Cobb Salad Crispy Tater Tots Orange Wedges Choice of Milk	Cheese Pizza on WG Crust OR WG Breaded Chicken Sandwich on WG Bun Seasoned Corn Chilled Mixed Fruit Choice of Milk
26	27	28	29	30
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break



Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

Milk selections include: skim white and skim chocolate. All milk is artificial hormone free.

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