



Seaman USD#345
March 2017


Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|--|--|---|---|--|
| <p>Menu Component Key: M/MA = Meat/Meat Alternate G/B = Grain/Bread V = Vegetable F = Fruit Milk available at each meal <u>A school lunch must include 3 components.</u> <u>Every meal must contain 1/2 cup fruit and/or vegetables</u></p> | | <p>1 <i>ASH WEDNESDAY</i> M/MA & G/B: Max Stix & Sauce V: Seasoned Carrots, Tossed Salad F: Orange Juice & Apple Smiles Cal 704 Carb 100.9g T.Fat 23.1g</p> | <p>2 M/MA & G/B: Taco Salad V: Seasoned Broccoli, Refried Beans F: Orange Wedges & Frozen Whole Fruit Cup Cal 707 Carb 99.3g T.Fat 20.1g</p> | <p>3 M/MA & G/B: Quesadilla with Cheese V: Fiesta Rice Fresh Veggies, Garden Salad F: Chilled Peaches Cal 776 Carb 120.5g T.Fat 18.1g</p> |
| <p>6 M/MA & G/B: Breaded Beef Patty Whipped Potatoes V: Seasoned Peas F: Orange Juice & Chilled Pears Cal 791 Carb 104.0g T.Fat 28.4g</p> | <p>7 M/MA & G/B: Hamburger/Bun Optional: Cheese Slice V: Baby Carrots Roundabout Potatoes Baked Beans F: Apple Smiles Cal 812 Carb 111.5g T.Fat 28.4g</p> | <p>8 M/MA: Crispito G/B: Baked Tostitos V: Bean & Corn Salsa, Seasoned Broccoli F: Orange Wedges & Fruit Cocktail Cal 787 Carb 104.8g T.Fat 22.1g</p> | <p>9 M/MA & G/B: Chicken Nuggets V: Au Gratin Potatoes, Tossed Salad F: Frozen Fruit Cup & Pineapple Chunks Cal 689 Carb 99.9g T.Fat 20.7g</p> | <p>10 M/MA & G/B: Cheese Pizza V: Tossed Salad, Fresh Veggies/Ranch F: Peaches Cal 578 Carb 85.1g T.Fat 15.9g</p> |
| <p>13 M/MA & G/B: Corn Dog V: Seasoned Corn, Tossed Salad, Fresh Vegetables G/B: Snack Mix F: Rosy Applesauce Cal 740 Carb 119.8g T.Fat 18.7g</p> | <p>14 M/MA & G/B: Pulled Pork/Bun V: Spudsters Potatoes, Baked Beans, Tossed Salad F: Crisp Apple Wedges & Grape Juice Cal 946 Carb 145.7g T.Fat 27.5g</p> | <p>15 M/MA: Chicken Tenders G/B: Cool Ranch Doritos V: Seasoned Green Beans, Fresh Vegetables F: Banana Cal 684 Carb 85.1g T.Fat 26.0g</p> | <p>16 M/MA & G/B: Taco Salad V: Seasoned Carrots, Refried Beans F: Apple Juice & Pineapple Chunks Cal 738 Carb 107.4g T.Fat 20.7g</p> | <p>17 No School Professional Learning Work Day</p>  |
| <p>20 Spring Break No School March 20-24</p>  | <p>21 22 23</p> <p>March 2016 Menu Prices 17 Days Elementary @ \$2.50 = \$42.50 Secondary @ \$2.75 = \$46.75 Reduced @ .40 = \$6.80 Extra Milk = .50 SHS Extra Entree = \$2.10 Adult Lunches/Second Meals = \$3.75 Checks Payable to Seaman Food Service</p> | | |  |
| <p>27 M/MA & G/B: Max Stix with Sauce G/B: Baked Tostitos V: Seasoned Carrots, Bean & Corn Salsa Tossed Salad Cal 882 Carb 121.5g T.Fat 24.0g</p> | <p>28 M/MA & G/B: Chicken Patty/Bun Hamburger Bun V: Seasoned Broccoli Spudster Potatoes F: Rosy Applesauce Cal 822 Carb 123.3g T.Fat 22.2g</p> | <p>29 M/MA & G/B: Crispito V: Seasoned Corn, Tossed Salad, Refried Beans F: Mixed Fruit Orange Smiles Cal 679 Carb 95.2g T.Fat 21.4g</p> | <p>30 M/MA: Turkey Fritter G/B: Vienna Bread V: Whipped Potatoes, Seasoned Green Beans, Tossed Salad F: Peaches Cal 836 Carb 107.4g T.Fat 31.5g</p> | <p>31 M/MA & G/B: Cheese Pizza Seasoned Peas Tossed Salad, Fresh Veggies F: Pears Cal 658 Carb 101.0g T.Fat 15.7g</p> |