

# March 2020

# 4K-8 Hot Lunch Menu



## Atonement Lutheran



**Nutrition tip:** Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

### Monday

WG Breaded Chicken Fillet with BBQ  
WG Cornbread  
Baked Beans  
Seasonal Fruit  
Choice of Milk

2

### Tuesday

Italian Meatsauce  
Non-WG Pasta  
Whole Grain Breadstick  
Romaine Salad with Ranch  
Seasonal Fruit  
Choice of Milk

3

### Wednesday

WG All-Natural Chicken  
Corn Dog with Ketchup  
Roasted Baby Baker Potatoes with Ketchup  
Seasonal Fruit  
Choice of Milk

4

### Thursday

**Kid's Classic WG Chicken Nuggets with BBQ Sauce**  
WG Pretzel Goldfish  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk

5

### Friday

Brunch for Lunch  
NEW! Glazed French Toast (1) with Syrup  
Chicken Breakfast Sausage  
Sunset Sip Vegetable Juice  
Seasonal Fruit  
Choice of Milk  
*\*Schools not serving meat during Lent will receive a Yogurt Cup in place of the Sausage.*

6

### NATIONAL MEATBALL DAY

Swedish Meatballs  
Non-WG Pasta  
Assorted Graham Cracker  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk

9

Philly Cheesesteak on a Whole Grain Bun with Mozzarella Cheese  
Baked Beans  
Seasonal Lunch Fruit  
Choice of Milk

10

### NATIONAL "EAT YOUR NOODLES" DAY

Macaroni and Cheese  
Whole Grain Soft Pretzel Stick  
Steamed Green Beans  
Seasonal Lunch Fruit  
Choice of Milk

11

### Kid's Classic WG Breaded Chicken Patty Sandwich on a Whole Grain Bun with Mayo

Steamed Corn  
Seasonal Fruit  
Choice of Milk

12

WG Cheese Pizza Sticks with Marinara Dipping Sauce  
Crunchy Broccoli with Ranch  
Seasonal Fruit  
Choice of Milk

13

Chicken Fajita on Whole Grain Tortilla (1) with Taco Sauce  
WG Cheez-It Crackers  
Ranchero Beans  
Seasonal Fruit  
Choice of Milk

16

Build Your Own Sub  
Turkey Breast, Cheese, and Lettuce on a Whole Grain Roll with Mayo  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk  
WG Rice Krispies Treat

17

### NATIONAL SLOPPY JOE DAY

Homemade Sloppy Joe on a Whole Grain Bun  
Steamed Peas  
Seasonal Fruit  
Choice of Milk

18

**Kid's Classic WG Asian-Glazed Boneless Chicken Wings with Steamed Carrots and Assorted Graham Cracker**  
Seasonal Fruit  
Choice of Milk

19

**NATIONAL RAVIOLI DAY**  
Whole Grain Cheese Ravioli with Mozzarella Cheese  
Whole Grain Breadstick  
Assorted Graham Cracker  
Romaine Salad with Ranch Dressing  
Seasonal Fruit  
Choice of Milk

20

**NO SCHOOL SPRING BREAK**

23

**NO SCHOOL SPRING BREAK**

24

**NO SCHOOL SPRING BREAK**

25

**NO SCHOOL SPRING BREAK**

26

**NO SCHOOL SPRING BREAK**

27

Brunch for Lunch  
Chicken and Waffles  
NEW! Boneless Chicken Wings with WG Waffles and Syrup  
Sunset Sip Vegetable Juice  
Seasonal Fruit  
Choice of Milk

30

BBQ Chicken Sandwich on a Whole Grain Bun  
Roasted Sweet Potatoes  
Seasonal Lunch Fruit  
Choice of Milk

31

### Daily Milk Choices:

Skim white  
Low fat white  
Skim Chocolate

