



March 2020

Lunch Menu Pre K-8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Whole Grain Chicken Nuggets With Whole Grain Bun Corn	Hamburger on Whole Wheat Bun Baked Fries	Turkey Hot Dogs on Whole Wheat Bun Vegetarian Beans	Saucy Beef Meatballs on Whole Grain Bun Carrots	Cheese Pizza Dark Leafy Green Salad
9	10	11	12	13
Hamburger on Whole Wheat Bun Baked Fries * Green Beans	Deli Turkey Sandwich On Whole Wheat Bun Carrot Sticks with Ranch	Cheese Lasagna Roll Ups Broccoli	Honey BBQ Beef Ribs Whole Wheat Bun Sweet Potato Fries	Cheese Pizza Dark Leafy Green Salad
16	17	18	19	20
Chicken Burger on Whole Wheat Bun Corn *Green Beans	Beef Patties Sweet Potato Fries	Whole Grain Chicken Nuggets With Whole Grain Bun Corn	Beef Taco Served with Tostitos Crispy Rounds and toppings Black Beans	Cheese Pizza Dark Leafy Green Salad
23	24	25	26	27
Cheeseburgers on Whole Wheat Bun Baked Fries * Green Beans	Breaded Chicken Drumsticks Whole Wheat Dinner Roll Black Beans	Honey BBQ Beef Ribs Whole Wheat Bun Sweet Potato Fries	Deli Turkey Ham Sandwich On Whole Wheat Bun Carrot Sticks with Ranch * Creamy Coleslaw	Cheese Pizza Dark Leafy Green Salad
30	31			
Chicken Burger on Whole Wheat Bun Corn *Green Beans	Chicken Fajita Served on Whole Wheat Tortilla Black Beans			



DON'T FORGET!

ALWAYS

Select
1/2 Cup of
Fruit OR
Vegetable
Serving

* Alternate Vegetable

**Alternatives
Offered Daily**

**Sandwich of the Day
or
Salad of the Day**

Yogurt Parfaits

1% Low Fat Milk

**Fate Free Chocolate
Milk**

CONDIMENTS AVAILABLE

Mayonnaise

Ketchup

Mustard

BBQ Sauce

Assorted Dressings



coloringpage.eu



Food Service Department

Foodservices@Hempsteadschools.org

MENU SUBJECT TO CHANGE