



March

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... MARCH 1 - 3			Macaroni and Cheese 6-12 Sausage Patty (opt) Steamed Broccoli Florets Crunchy Baby Carrots Crisp Apple Wedges Fresh Bkd. Dinner Roll	Grilled Hot Dog/Bun 6-12 choice Cheddarwurst Oven Bkd Beans Baby Carrots Broccoli Florets/dip Juicy Orange Wedges	Pizza Crunchers Seasoned Green Beans Fresh Garden Salad Cauliflower Florets Strawberries/Bananas
Week of... MARCH 6 - 10	Breaded Pizza Burger Mozzarella Cheese Pizza Sauce Fresh Tomato Slices Seasoned Corn Diced Pears	Breaded Chicken Nugget Whipped Potatoes Broccoli Florets Crunchy Baby Carrots Mixed Fruit Fresh Bkd Cinn Breadstix	Ham/Cheese Deli Sub Oven Bkd. Beans Sh. Lettuce/Tomato Slices Cucumber Slices Crisp Apple Wedges Sunchips	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Applesauce	PK-8 Tony's Cheese Pizza 9-12 Big Dad's 4 Cheese pizza Seasoned Green Beans Cauliflower Florets Diced Peaches WG Cookie
Week of... MARCH 13 - 17	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	Taco Pizza Wedges Lettuce/Diced Tomato Salsa Savory Black Beans Pineapple Tidbits Jello	Chicken Noodle Soup/w Crackers Grilled Cheese Sandwich Crunchy Baby Carrots Crisp Celery Stix Apple Wedges/Yogurt dip	PK-3 Gr. Chicken Chez Melt 4-12 Gr.Chix Chez Flatbread Seasoned Corn/Tomatoes Pepper Strips Diced Peaches 6-12 Macaroni Salad	PK-3 Big Dad's CheeseStix 4-12 Italian Dunker Marinara Sauce Baby Carrots Garden Salad Garbanzo Beans Juicy Orange Wedges
Week of... MARCH 20 - 24	PK-5 Turkey Cheese Deli Sub 6-8 Flatbread 9-12 w/Bacon Sh. Lettuce/Tomato Slices Cowboy Salsa Pineapple Tidbits Dorito Chips	PK-3 Chicken Fries/4-12 Mand Orange Chicken Whipped Potatoes/Stirfry Veggies/Garden Blend Rice Fresh Apple Wedges with Caramel Dip	Goulash Seasoned Corn Fresh Broccoli Florets Crunchy Baby Carrots Applesauce Fresh Bkd Dinner Roll	PK-8 Tony's Pepperoni Pizza 9-12 Big Dad's Pepp pizza Seasoned Corn Garden Salad/ Cherry Tomatoes Strawberries/Bananas Pudding Cup	
Week of... MARCH 27- 31	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie	Pig in a Blanket Oven Bkd Beans Crunchy Baby Carrots Cauliflower Florets Diced Peaches	Chili / Fritos Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	Mr. Ribb/ Bun Oven Bkd. Fries Fresh Tomato Slices Broccoli Florets Applesauce	Gilardo Max Cheese pizza stix Zesty Marinara Sauce Broccoli Florets/dip Crunchy Baby Carrots Diced Pears Fruit Slushie
Menu is subject to change without notice.					

USDA REQUIREMENTS FOR REIMBURSABLE SCHOOL LUNCH
5 Daily LUNCH COMPONENT Requirements —
Meat/Meat Alternate – Fruit – Vegetable – Bread – Milk
Students must choose at least 3 of the 5 items offered,
*one item **MUST** be a serving of fruit or vegetable or a ½ serving of both.*



Skim, Skim Chocolate & 1% Milk offered daily.
 Whole Grain Buns, Breads & Pastas are always used.
 All items offered meet USDA requirements
 in limiting calories to 30% from fat and 35% from sugar.