



March

CLARION-GOLDFIELD-DOWS Schools ~ LUNCH Menus

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of... MARCH 1 - 2					Breaded Mozzarella Stix Zesty Marinara Sauce Seasoned Green Beans Crunchy Baby Carrots Diced Peaches
Week of... MARCH 5 - 9	Mr. Ribb/ Bun Oven Bkd. Fries Fresh Tomato Slices Applesauce	Crispy Chicken Patty/Bun Fresh Tomato Slices Broccoli Florets/dip Diced Pears	Grilled Hot Dog/Bun 6-12 choice Cheddarwurst Oven Bkd Beans Baby Carrots Fresh Apple Wedges	Taco Pizza Wedges Seasoned Corn Cauliflower Florets Pineapple Tidbits	PK-3 Big Dad's CheeseStix 4-12 Italian Dunker Marinara Sauce Seasoned Green Beans Baby Carrots Juicy Orange Wedges
Week of... MARCH 12 - 16	PK-3 Gr. Chicken Chez Melt 4-12 Gr.Chix Chez Flatbread Seasoned Green Beans Tomato Slices Diced Peaches	Breaded Chicken Nuggets Whipped Potatoes Crunchy Baby Carrots Fruit Cocktail 6-12 Fresh Bkd Muffin	Chicken Noodle Soup/w Crackers Grilled Cheese Sand Crunchy Baby Carrots Crisp Celery Stix Apple Wedges	Maidrite/ Bun Seasoned Potato Wedges Cherry Tomatoes Crisp Cucumber Slices Fruit Slushie	PK-8 The Max Cheese Pizza 9-12 Big Dad's 4 Cheese pizza Broccoli Florets/dip Garbanzo Beans Juicy Orange Wedges
Week of... MARCH 19 - 23	PK-5 Softshell Taco 6-12 Taco Bar Beef /Chicken Lettuce/ Cheese Diced Tomatoes/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie	Br. Pork Patty/ Bun Seasoned Green Beans Fresh Tomato Slices Crunchy Baby Carrots Diced Pears	Turkey Gravy/ Biscuits Steamed Garden Peas Crunchy Baby Carrots Crisp Apple Wedges Sherbet	Hamburger w/ Bun Cheese Slice Bkd French Fries Fresh Tomato/Cucumber Slices Applesauce	Pizza Crunchers Seasoned Green Beans Cauliflower Florets Diced Peaches
Week of... MARCH 26 - 30	Hot Ham/Bun 6-12 Cheese Slice Seasoned Potato Wedges Tomato/Cucumber Slices Applesauce	Super Nachos Cheese/Lettuce Diced Tomatoes/Salsa Hearty Refried Beans Diced Peaches	Chili / Fritos Cornbread / Syrup Crunchy Baby Carrots Crisp Celery Stix Banana	No School - Spring Break	
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.