



## Algonac Elementary Lunch Menu March 2018

**Lunch Price: \$2.50 Reduced Price: \$.40 Adult Lunch: \$3.75**  
**Breakfast Price: \$1.50 Reduced Price: \$.30 Ala Carte Milk: \$.60**

A full student lunch includes a choice of entrée supplying protein, milk, grain, and vegetable and fruit side dishes. Milk Choices include: 1% White and Chocolate Skim Milk. A cold vegetable and fruit bar is available daily on which we feature the vegetables and fruit listed below, additional fruit and vegetable choices may be available in the bar.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>National Breakfast Week March 5-9</b> <b>Eat Breakfast and Receive Great Prizes Daily</b>				
5 Chicken Nuggets Mashed Potatoes w/gravy, Dinner Roll Tossed Salad Fresh Celery Sticks Chilled Peaches Chilled Pears	6 Warm Pretzel Sticks W/ Cheddar Cheese Dip Tossed Salad Fresh Broccoli Cranberry Pear Salad Apple Wedges	7 French Toast Sticks Scrambled Eggs Tater Tots, Syrup Tossed Salad Sliced Cucumbers Warm Apple Slices Fresh Banana	8 Classic Cheeseburger Classic Baked Beans Tossed Salad Cherry Tomatoes Pineapple Tidbits Fresh Apple	9 Cheesy French Bread Tossed Salad Cauliflower Bites Cinnamon Peaches Mixed Fruit
12 Crispy Chicken Sandwich Oven Baked Tots Tossed Salad Baby Carrots Red Delicious Apple Diced Peaches	13 Homemade Pepperoni Pizza Steamed Broccoli Tossed Salad Fresh Broccoli Mandarin Oranges Diced Pears	14 Pancakes with Scrambled Eggs Tater Tots, Syrup Tossed Salad Sliced Red Peppers Mixed Fruit Mandarin Oranges <b>Reading Month LUCKY TRAY</b>	15 Popcorn Chicken Chocolate Chip Cookie Carrot Coins Assorted Sauces Tossed Salad Sliced Cucumbers Pineapple Tidbits Cinnamon Pears <b>March Madness Raffle</b>	16 Crispy Fish Sticks (4) Oven Baked Tots <b>Shamrock Soft Pretzel</b> Tossed Salad Fresh Broccoli Fruited Green Jell-O <b>Frozen Fruit Treat</b>
19 Turkey Corn Dogs With WG Dinner Roll Seasoned Carrots Baked Beans Tossed Salad Baby Carrots Chilled Applesauce Chilled Peaches	20 Chicken Tenders WG Dinner Roll Seasoned Broccoli Tossed Salad Sliced Cucumbers Chilled Diced Pears Mandarin Oranges <b>Think Spring Lucky Tray</b>	21 Beef Ravioli w/ WG Dinner Roll Savory Green Beans Tossed Salad Cauliflower Bites Fresh Banana Apple Juice	22 Crispy Chicken Sandwich Seasoned Corn Tossed Salad Cherry Tomatoes Chilled Mixed Fruit Cinnamon Peaches	23 Beef & Cheese Nachos Refried Beans, Salsa Tossed Salad Fresh Broccoli Chilled Applesauce <b>Frozen Fruit Treat</b>
26 Chicken Nuggets WG Dinner Roll Oven Baked Tots Tossed Salad Celery Sticks Chilled Peaches Rosy Applesauce	27 <b>Nacho Tuesday</b> Beef & Cheese Nachos Refried Beans Mild Salsa Tossed Salad Baby Carrots Diced Pears Pineapple Tidbits	28 French Toast Sticks Scrambled Eggs Tater Tots, Syrup Tossed Salad Sliced Cucumbers Fresh Banana Apple Juice	29 Stuffed Crust Pepperoni Pizza Tossed Salad Fresh Broccoli Cinnamon Peaches Red Delicious Apple <b>BirthDay Treat – Mini Rice Krispie Treat</b>	30  <b>Spring Break</b>  <b>Begins</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Turkey Hot Dog w/Bun</b>	<b>Pork Riblet with WG Roll</b>	<b>Fun Lunch Muffin, Yogurt, Graham Cracker, Carrot, Carrot Snacker</b>	<b>Strawberry Parfaits</b>	<b>Bosco Sticks w/ Marinara Sauce</b>

This institution is an equal opportunity provider

## **March** **Food Focus of the Month**



### What are Cruciferous Vegetables?

There are many cruciferous vegetables to choose from

- Some vegetables grow underground, like carrots and sweet potatoes and others are above ground like broccoli.
- We can eat many parts of the plants like their flowers (broccoli), stems, and leaves.

Cruciferous vegetables are a good source of phytochemicals and broccoli is an excellent source of Vitamin A, Vitamin C, Vitamin K and Folate.

- We should eat cruciferous vegetables a few times a week along with a variety of other colors
- There are many tasty ways to eat these vegetables including trying Kale "Chips", roasting these delicious vegetables or adding them to stir fries or omelets.

**Questions or Comments?** Please contact Steve Bellante @ 810.794.8875 or [sbellante@acsk12.us](mailto:sbellante@acsk12.us)

**Checks:** Please make checks payable to Algonac Food Service or Pay Schools online through Skyward

Menu Subject to Change without Notice

This institution is an equal opportunity provider

