

PrePack + Salad Bar

EAT RIGHT



BITE BY BITE

National Nutrition Month
March 2020

eat right Academy of Nutrition
and Dietetics

MARCH 2020

M	T	W	TH	F
<p>2</p> <p>Chicken Sandwich or Bean Burger Sweet Potatoes Salad Bar</p> <p>Bagel Yogurt Pack Salad Bar</p>	<p>3</p> <p>Beef or Bean Nacho Grande Salad Bar</p> <p>Beef or Bean Taco Salad Salad Bar</p>	<p>4</p> <p>Grilled Cheese Sandwich Salad Bar</p> <p>Turkey Bologna & Cheese Sandwich Salad Bar</p>	<p>5</p> <p>Turkey Chili Cornbread Roasted Potatoes Chocolate Frozen Yogurt</p> <p>Turkey Salami & Provolone Sandwich Salad Bar</p>	<p>6</p> <p>Spaghetti with Meat or Marinara Country Veg Medley Salad Bar</p> <p>Turkey Combo Sub Salad Bar</p>
<p>9</p> <p>Beef Hot Dog or Bean Burger Baked Beans Salad Bar</p> <p>Sunbutter Sandwich Salad Bar</p>	<p>10</p> <p>Swedish Meatballs with Pasta Green Beans Salad Bar</p> <p>Chicken Caesar Salad</p>	<p>11</p> <p>Pancakes & Cheese Omelet Spiced Pears Salad Bar</p> <p>Turkey Bologna & Cheese Sandwich Salad Bar</p>	<p>12</p> <p>Turkey & Gravy Mashed Potatoes Carrot Coins Salad Bar</p> <p>Turkey Salami & Provolone Sandwich Salad Bar</p>	<p>13</p> <p>Cheese or Turkey Pepperoni Pizza Salad Bar</p> <p>Turkey Combo Sub Salad Bar</p>
<p>16</p> <p>Cheese or Chicken Tamale Corn, Pinto Beans Salad Bar</p> <p>Bagel Yogurt Pack Salad Bar</p>	<p>17</p> <p>Teriyaki Chicken with Brown Rice California Veg Blend Salad Bar</p> <p>Chef Salad Salad Bar</p>	<p>18</p> <p>Beef Hamburger, Cheeseburger, or Bean Burger Potato Wedges Salad Bar</p> <p>Turkey Bologna & Cheese Sandwich Salad Bar</p>	<p>19</p> <p>Roasted Chicken Carrot Coins Salad Bar</p> <p>Turkey Salami & Provolone Sandwich Salad Bar</p>	<p>20</p> <p>Potato Crusted Fish Mac & Cheese, Peas Salad Bar</p> <p>Turkey Combo Sub Salad Bar</p>
<p>23</p> <p>Chicken Sandwich or Bean Burger Potato Wedges Salad Bar</p> <p>Sunbutter Sandwich Salad Bar</p>	<p>24</p> <p>Beef or Bean Nacho Grande Salad Bar</p> <p>Beef or Bean Taco Salad Salad Bar</p>	<p>25</p> <p>Beef Meatballs with BBQ Sauce Sweet Potatoes Green Beans, Salad Bar</p> <p>Deli Turkey & Cheese Sandwich Salad Bar</p>	<p>26</p> <p>Chicken or Plain Alfredo with Pasta Country Veg Medley Salad Bar</p> <p>Turkey Salami & Provolone Sandwich Salad Bar</p>	<p>No School</p>

Spring Break

Know Your Food



MEATLESS AVAILABLE



FARM TO SCHOOL



CONTAINS FISH



MINNESOTA THURSDAYS



JUNIOR IRON CHEF RECIPE

We use Whole Grains. Skim & 1% Milk is offered.



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