



**Hot Lunch Coordinator:**  
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Meal: \$3.00 Milk: \$0.15



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

Hamburger on wheat bun **4**  
Wedge French fries  
Grilled vegetables  
Pineapple wedges

Chicken Quesadilla **5**  
Spanish rice  
Refried beans  
Apricot halves

**Ash Wednesday** **6**  
Pasta Primavera  
Garlic bread  
Roasted carrots  
Fruit cocktail

Turkey meatloaf **7**  
Sugar snap peas  
Mashed potatoes  
Canned pears

**Little Caesars Pizza** **1**  
3 slices of Pepperoni pizza  
2 Breadsticks  
Applesauce

Crispy cod sandwich **8**  
Onion rings  
Raw veggies and dip  
Mandarin oranges

Pulled pork **11**  
Boston baked beans  
Roasted Brussels sprouts  
Canned peaches

Beef taco hard shell **12**  
Smashed black beans  
Spanish rice  
Grapes

Chili **13**  
Baked potato  
Carrot sticks  
Canned tropical fruit

**Mrs. Cremer Lunch** **14**  
Spaghetti with meat sauce  
Garlic Bread  
Carrots  
Applesauce

**Little Caesars Pizza** **15**  
3 slices Cheese Pizza  
2 Bread Sticks  
Canned peaches

Grilled chicken **18**  
Steamed white rice  
Curried roasted vegetables  
Canned mandarin oranges

Hot dog **19**  
Curly-Q French fries  
Raw veggies and dip  
Fruit cocktail

Pork Loin **20**  
Glazed carrots  
Rice Pilaf  
Canned pineapple

BBQ chicken **21**  
Baked sweet potato  
Grilled vegetables  
Orange slices

Fried fish **22**  
Coconut & pineapple rice  
Green beans  
Canned apricot halves

**25**  
No School

**26**  
No School

**27**  
No School

**28**  
No School

**29**  
No School