### Mills Lawn Elementary Lunch Menu

#### Monday
- **Grilled Cheese**
  - Ham & Cheese on Pretzel Bun
  - Yogurt/Cheese Stick/Grahams
  - Cheese Sandwich
  - Super Salad Mix/Baby Carrots
  - Crispy Apple Slices
  - Perky Peach Chunks
  - Milk

#### Tuesday
- **Chicken Nuggets/WG Roll**
  - Italian Meatball Sub
  - Yogurt/Cheese Stick/Grahams
  - PBJ Sand/Cheese Stick/Grahams
  - Super Salad Mix/Baby Carrots
  - Tomato Soup/Goldfish Crackers
  - 100% Fruit Juice Box
  - Mandarin Oranges
  - Tropical Pineapple Chunks
  - Milk

#### Wednesday
- **Mini Comdos**
  - Cheesy Garlic Flatbread
  - Yogurt/Cheese Stick/Grahams
  - PBJ Sand/Cheese Stick/Grahams
  - Cheese Sandwich
  - Super Salad Mix/Baby Carrots
  - Cherry Tomatoes
  - Juicy Grapes
  - Pretty Pretty Peaches
  - Milk

#### Thursday
- **Popcorn Chicken/Breadstick**
  - BBQ Pork Sandwich
  - Yogurt/Cheese Stick/Grahams
  - PBJ Sand/Cheese Stick/Grahams
  - Cheese Sandwich
  - Super Salad Mix/Baby Carrots
  - Golden Corn
  - 100% Fruit Juice Box
  - Pretty Pear Chunks
  - Milk

#### Friday
- **Big Daddy Cheese Pizza**
  - Mac & Cheese w/WG Roll
  - Yogurt/Cheese Stick/Grahams
  - PBJ Sand/Cheese Stick/Grahams
  - Cheese Sandwich
  - Super Salad Mix/Baby Carrots
  - Baked Beans
  - Orange Smiles
  - Mixed Fruit
  - Milk

### Meal Requirement
Selection of at least 3 of the 5 offered components:
- Meat/Meat Alternate, Grain, Veggie, Fruit, Milk
- ONE OF THE SELECTIONS MUST BE A FRUIT OR A VEGGIE

### Fresh Vegetable/Fruit Bar Offered Daily...

### Be Smart and Eat Healthy
- Try a NEW Fruit this week

### 1% White Milk and Fat Free Chocolate offered daily

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This institution is an equal opportunity provider.
National Nutrition Month: Savor The Flavor of Eating Right

March is National Nutrition Month. It’s a time to remind us that how, when, why and where we eat is just as important as what we eat. With our busy lives, people tend to eat out of habit and rarely savor the experience of the food being consumed. Making sure to enjoy the sight, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. This is so important for children as they are growing and creating the foundation for a future of healthy eating. We should be encouraging them to sit down to a healthy breakfast, whether at home or in school.

Breakfast

Breakfast Grades K - 6

Monday: Pancake Wrapped Sausage
Cereal & Cheese Stick
Fruit & Juice
1% White or FF Chocolate

Tuesday: Sausage/Egg/ Cheese Sliders
Muffin & Yogurt
Fruit & Juice
1% White or FF Chocolate Milk

Wednesday: Sausage Patty, Gravy, Biscuit
Cereal Bar & Cheese Stick
Fruit & Juice
1% White or FF Chocolate Milk

Thursday: Breakfast Pizza
Poptart & Yogurt
Fruit & Juice
1% White or FF Chocolate Milk

Friday: French Toast Sticks
Cereal & Cheese Sticks
Fruit & Juice
1% White or FF Chocolate Milk

Fresh Pick Recipe

Orange Salad with Ginger Dressing
(Serves 16)

- 1 cup mandarin oranges in light syrup
- 1 tablespoon green onion (chopped)
- 1/4 cup frozen orange juice
- 1 tablespoon canola/olive oil blend
- 1 teaspoon ginger (ground)
- 1/2 teaspoon garlic powder
- 1 teaspoon parsley (dried)
- 3 cups fresh spinach
- 3 cups romaine lettuce

1. Drain oranges.
2. Slice onion on bias.
3. Whisk orange juice, oil, ginger, garlic and parsley. Blend well.
4. In serving pan, mix spinach and lettuce.
5. Right before service, toss lettuce mixture with dressing.
6. Garnish salad with oranges and onions.

Nutrition Facts:
24 calories, 1g fat,
7mg sodium, 1g fiber

Celebrate Dr. Seuss Day - March 2nd - Read a Book

St. Patrick's Day is March 17th - Wear Green

Nutrition Information is available upon request.