## **March 2017**

## McCurdy Charter School





Choice of 1% or skim milk Offered daily Menu subject to change



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.



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## Monday

## Tuesday

Wednesday

Cheese pizza tossed salad 1oz ranch pineapple tidbits milk

**Thursday** 

Frito pie, cheese, lettuce 2 tomato WG roll applesauce milk

Friday

Quesadilla corn fruit cocktail milk

Bean and cheese burrite 6 red chili tossed salad 1oz ranch applesauce milk

Chicken Quesadilla green beans fruit cocktail milk

Cheeseburger on WG bu 8 lettuce tomato, oven fries 1oz ketchup 1oz mustard, 1oz mayo orange smiles milk

Chicken fajitas W/veggie 9 Pinto beans. WG tortilla Cheese, 1oz salsa diced peaches milk

10 Grilled cheese tossed salad 1oz ranch diced pears milk

Chicken nuggets 1oz BB tater tots, 1oz ketchup carrots 1oz ranch orange smiles milk

Red chili enchiladas lettuce tomato pinto beans WG roll applesauce milk

NO SCHOOL

15 Chicken soft tacos cheese lettuce tomato 1oz salsa, Corn fruit cocktail milk

Pizza tossed salad 1oz ranch pineapple tidbits milk

NO SCHOOL

SPRING BREAK

NO SCHOOL

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**IN-SERVICE** 

NO SCHOOL SPRING BREAK

> Charbroiled beef patty 28 Whipped potatoes, gravy green beans WG roll applesauce milk

SPRING BREAK

NO SCHOOL SPRING BREAK

Green chili chicken enchi. lettuce tomato pinto beans

WG tortilla Diced pears

milk

Quesadilla 1oz salsa corn fruit cocktail milk

**NO SCHOOL SPRING BREAK** 

31 **Turkey Corn dog** oven fries, 1oz ketchup 1oz mustard orange smiles milk

Chicken patty on WG bu lettuce, tomato, oven fries 1oz ketchup 1oz mayo orange smiles milk