

Unatego Elementary Lunch Menu

March 2019

Health • e
LIVING



In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday



Pepperoni Roll **1**
w/Marinara Sauce
Romaine & Spinach
Salad
Assorted Sandwiches

Toasted Cheese
Sandwich **4**
Campbell's Tomato
Soup
Green Beans
Egg Salad Sandwich

Hot Dog Or **5**
Cheesy Dog on Bun
Baked Beans
Ham & Cheese Sub

Chicken & Biscuits **6**
Seasoned Carrots
Tuna Salad Sandwich

BBQ Chicken Pieces **7**
WG Roll
Seasoned Rice
Golden Corn
Turkey & Cheese Sub

8
No School

Cheese Ravioli **11**
Garlic Toast
Roasted Broccoli
Egg Salad Sandwich

Loaded Nachos **12**
w/ Meat or Chicken
Salsa & Cheese
Golden Corn
Refried Beans
Ham & Cheese Sub

Chicken Cheese Wrap **13**
French Fries
Carrot Coins
Tuna Salad Sandwich

Turkey Chunks **14**
Mashed Potatoes
Stuffing & Gravy
Green Beans
Ice Cream Cup
Turkey & Cheese Sub

Assorted Classic Pizza **15**
Romaine & Spinach
Salad
Assorted Sandwiches

Macaroni & Cheese **18**
WG Roll
Carrot Coins
Egg Salad Sandwich

Hot Meatball Sub **19**
Buttered Garlic
Noodles
Green Beans
Ham & Cheese Sub

Ultimate Chicken Bowl **20**
Popcorn Chicken
Mashed Potatoes
Gravy, Cheese, & Corn
WG Dinner Roll
Tuna Salad Sandwich

BBQ Pulled Pork **21**
On WG Roll
Coleslaw
Roasted Broccoli
Turkey & Cheese Sub

French Bread Pizza **22**
Romaine & Spinach
Salad
W/ Chick Peas
Assorted Sandwiches

Baked Ziti **25**
Breadstick
Green Beans
Egg Salad Sandwich

Loaded Tacos **26**
W/ Meat or Chicken
Refried Beans
Fluffy Rice
Ham & Cheese Sub

Chicken Tenders **27**
Cheesy Rice
Seasoned Carrots
Tuna Salad Sandwich

Chicken Patty or
Chicken Parmesan **28**
WG Roll
Tator Tots
Roasted Broccoli
Turkey & Cheese Sub

Pepperoni Roll **29**
w/Marinara Sauce
Romaine & Spinach
Salad
Assorted Sandwiches

Announcements

Available Daily:
Canned Fruit, Fresh Fruit, Fresh
Veggie, Hot Veggie of the Day
May Choose up to two (2)

Milk Choices:
1% White, Skim White
Skim Chocolate, & Skim
Strawberry (when available)

Daily Choices:
Sandwich of the Day
PB&J

**Menu subject to change
without notice**

Meal Prices

**Breakfast and Lunch
will be served at NO
COST to students for
the 18/19 school year!**

**"USDA is an equal opportunity
provider and employer"**