



MARCH 2023 ELEMENTARY LUNCH MENU



Daily Fruit & Cold Veg Options*:

- Monday-Apple slices, baby carrots
- Tuesday -Grapes
- Wednesday-Applesauce, celery sticks
- Thursday-Banana, baby carrots
- Friday-Apple slices, broccoli

*Subject to change





Daily Fruit & Milk Options:

- 100% fruit juices-Grape, Apple, Orange, Fruit Punch
- 1% White Milk, Skim Chocolate

OFFERED DAILY

- Pretzel Pack: Whole grain pretzel, string cheese, yogurt
- Sunbutter & Jelly Sandwich
- Cheese or Ham & Cheese Sandwich

Lunch Price: \$2.75

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Corn Dog Veggie Burger Baked Fries Egg Chef Salad	28 Beef Walking Tacos Pinto Bean Walking Tacos Pinto Beans Egg Chef Salad	1 Cheese Pizza Mixed Vegetables Egg Chef Salad	2 French Toast & Chicken Sausage French Toast & Veggie Sausage Tater Tots Egg Chef Salad	3 Popcorn Chicken Veggie Nuggets Green Beans Egg Chef Salad
6 Penne Alfredo with Chicken Penne Alfredo Broccoli Popcorn Chicken Salad	7 Chicken Tacos Pinto Bean Tacos Black Beans Popcorn Chicken Salad	8 HALF DAY Grades K-5 No Lunch	9 HALF DAY Grades K-5 No Lunch	10 NO SCHOOL Grades K-5
13 Cheeseburger Veggie Burger Baked Fries Chicken Patty Caesar Salad	14  March Madness! Boneless Buffalo Wings Veggie Nuggets Chicken Patty Caesar Salad	15 Cheese Pizza Mixed Vegetables Chicken Patty Caesar Salad	16 Pancakes & Chicken Sausage Pancakes & Veggie Sausage Potato Smiles Chicken Patty Caesar Salad	17  Mac & Cheese Green Beans Chicken Patty Caesar Salad Shamrock Cookie 
20 Chicken Drumstick Veggie Nuggets Buttered Corn Ham Chef Salad	21 Beef Soft Tacos Black Bean Tacos Pinto Beans Ham Chef Salad	22 NO SCHOOL 	23 Waffles & Chicken Sausage Waffles & Veggie Sausage Tater Tots Ham Chef Salad	24 National Cheesesteak Day Beef Cheesesteak Veggie Nuggets French Fries Ham Chef Salad
27 Mozzarella Sticks Broccoli Ranch Chicken Salad	28 Chicken Nachos Black Bean Nachos Black Beans Ranch Chicken Salad	29 Cheese Pizza Mixed Vegetables Ranch Chicken Salad	30 Pancakes & Chicken Sausage Pancakes & Veggie Sausage Tater Tots Ranch Chicken Salad	31 Hot Dog Veggie Burger Corn Ranch Chicken Salad

VEGETARIAN OPTIONS are highlighted in green

For further information on our Nondiscrimination Statement, please visit: [Food Services / Nondiscrimination Statement & Civil Rights Requirements \(wcasd.net\)](#)

GREEN MACHINE

Great for the body and mind, most green fruits and veggies—including avocados, spinach, celery, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER: KIWI

Look out for sweet and tangy kiwi this month. In season late September to early November, kiwi is packed with vitamins, antioxidants, and fiber.



BROCCOLI: Loaded with vitamins, protein, & iron
Peak Season: Oct. – Apr.

CUCUMBERS: Low calorie, hydrating, & packed with phytonutrients
Peak Season: May – Aug.



GRANNY SMITH APPLE:
Bursting with vitamins A, B, C, E, & K, plus fiber
Peak Season: Oct. – Nov.

CHALLENGE OF THE MONTH: EAT YOUR GREENS

Starting with your favorite leafy greens, draw your very own salad recipe! Remember, adding a variety of colorful produce is beneficial to your health. Bonus points for bringing your ideal salad to life at home*.



SPINACH



ROMAINE



KALE



ARUGULA



MANGOLD



ICEBERG
LETTUCE



ACE'S RECIPE OF THE MONTH:

GREAT GREENS SPINACH AND GREEN APPLE SALAD*

Serves 4

INGREDIENTS:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 pinch of salt and pepper
- 5 cups of baby spinach
- 1 Granny Smith apple
- 1/3 cup of chopped walnuts

PREPARATION:

1. Ask an adult to toast the walnut pieces in a dry skillet over a medium-high heat until fragrant, about 2 minutes.
2. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper to taste.
3. Toss the spinach with the dressing until evenly coated.
4. Ask an adult to core and cut the Granny Smith apple into small cubes.
5. Top the salad with the apple pieces and chopped walnuts.
6. Enjoy!

***DO NOT attempt to chop ingredients or cook without adult supervision.**