

FOREST ELEMENTARY & HAWKINS MIDDLE

MARCH 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
			1 Chef Salad Chicken Fajitas BBQ Pulled Pork Burger Green Peas Glazed Carrots Garden Salad W/Dressing Fresh Apples Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352 Chocolate Chip Cookie	2 Chef Salad Cheeseburger Fish Nuggets Tater Tots Creamy Coleslaw California Veggies Fresh Fruit Bowl Rosey Applesauce Yeast Roll Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Calories 585 Cholesterol 68 mg Sodium 1052 mg Dietary Fiber 7.39 g Iron 3.04 mg Calcium 446.42 mg Vitamin A 3269 IU Vitamin C 29.08 mg Sugars 45.02 g 30.8% Protein 29.04 g 19.9% Carbohydrate 80.51 g 55.1% Total Fat 17.21 g 26.5% Saturated Fat 6.64 g 10.2%
5 Chef Salad Macaroni & Cheese with Ham Slice Turkey & Cheese on Bun Seasoned Lima Beans Glazed Carrots Garden Salad W/Dressing Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352	6 Chef Salad Barbecue Chicken Hot Dog Southern Turnip Greens Mashed Potatoes Pinto Beans Cornbread Fresh Apples Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	7 Chef Salad Beef-A-Roni Grilled Chicken Sandwich Steamed Broccoli Florets Potato Salad Garden Salad W/Dressing Fresh Pears Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	8 Chef Salad Chicken Fajitas Hot Dog Whole Kernel Corn Creamy Coleslaw California Veggies Fresh Plums Rosey Applesauce Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	9 Chef Salad Cheeseburger Beef & Bean Burrito Tater Tots Garden Salad W/Dressing Baked Beans Fresh Bananas Chilled Peach Slices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Chocolate Chip Cookie	Calories 620 Cholesterol 66 mg Sodium 1108 mg Dietary Fiber 7.80 g Iron 3.85 mg Calcium 479.18 mg Vitamin A 2905 IU Vitamin C 24.05 mg Sugars 43.15 g 27.8% Protein 31.15 g 20.1% Carbohydrate 84.72 g 54.6% Total Fat 18.21 g 26.4% Saturated Fat 6.91 g 10.0%
12	13	14	15	16	Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Sugars 0.00 g 0.0% Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%
19 Chef Salad BBQ Pulled Pork Burger Chicken Fajitas Oven Baked Potato Wedges Broccoli Salad Garden Salad W/Dressing Fresh Oranges Chilled Diced Pears Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Banana Pudding	20 Chef Salad Chicken with Alfredo Sauce Fish Sandwich Black-Eyed Peas Potato Salad Tossed Salad w/ Dressing Mandarin Fruit Cup Fresh Apples Rolls, Enriched Flour MS1352 Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yellow Cake	21 Chef Salad Salisbury Steak W/Gravy Grilled Chicken Sandwich Southern Collard Greens Macaroni and Cheese Raw Veggies with Dip Fresh Pears Pineapple Tidbits Cornbread Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	22 Chef Salad Spaghetti & Meat Sauce Corn Dog Green Peas Garden Salad W/Dressing Chilled Peach Slices Fresh Bananas Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Yeast Roll	23 Chef Salad Pepperoni Pizza Wedge Beef & Bean Burrito Whole Kernel Corn Glazed Carrots Baked Beans Rosey Applesauce Fresh Plums Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	Calories 622 Cholesterol 50 mg Sodium 1184 mg Dietary Fiber 9.35 g Iron 3.64 mg Calcium 555.82 mg Vitamin A 5298 IU Vitamin C 27.03 mg Sugars 46.27 g 29.7% Protein 31.70 g 20.4% Carbohydrate 95.22 g 61.2% Total Fat 14.90 g 21.5% Saturated Fat 5.33 g 7.7%
26 Chef Salad Macaroni & Cheese with Ham Slice Turkey & Cheese on Bun Seasoned Lima Beans Glazed Carrots Garden Salad W/Dressing Fresh Fruit Bowl Mandarin Fruit Cup Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352	27 Chef Salad Steak Fingers Hot Dog Southern Turnip Greens Mashed Potatoes Pinto Beans Cornbread Fresh Apples Fruited Gelatin Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	28 Chef Salad Chicken Spaghetti Ham and Cheese on Bun Steamed Broccoli Florets Green Peas Garden Salad W/Dressing Fresh Oranges Hot Cinnamon Apples Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk Rolls, Enriched Flour MS1352	29 Chef Salad Hamburger w/ Trimmings Fish Melt Tater Tots Raw Veggies with Dip Baked Beans Fresh Bananas Chilled Peach Slices Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk Low Fat Milk	30	Calories 648 Cholesterol 58 mg Sodium 1196 mg Dietary Fiber 8.65 g Iron 4.14 mg Calcium 468.52 mg Vitamin A 3002 IU Vitamin C 30.21 mg Sugars 41.81 g 25.8% Protein 31.79 g 19.6% Carbohydrate 93.27 g 57.6% Total Fat 17.29 g 24.0% Saturated Fat 6.36 g 8.8%

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