



March 2014

LAWTON ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 FAT FREE MILK DR SUESS DAY Green Eggs and Ham Hash brown 100 % fruit juice Chilled pears Salad bar	4 FAT FREE MILK Baked popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden savory corn Chilled applesauce Salad bar	5 FAT FREE MILK Turkey club sub Turkey/bacon/cheese Served on a whole grain bun Baked beans Fun sized cheetos Fresh apple or orange Salad bar	6 New item Pizza pasta Whole grain bread stick Baby carrots and low fat dip Mixed fruit Salad bar	7 FAT FREE MILK Taste of Italy Pizza Day meat and cheese stuffed crust Homemade pasta salad Seasoned Green Beans Pineapple tid-bits Salad bar
10 FAT FREE MILK Champion chicken sandwich On a whole grain Pretzel bun Oven baked fries Baby carrots and dip Pineapple & orange wedges Salad bar	11 FAT FREE MILK Student favorite Walking taco meat/cheese Baked scoops Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar	12 FAT FREE MILK Hotdog cook-out day Hotdog on a whole grain bun Fun sized chips Corn on the cob Chilled pears Salad bar	13 FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Fresh grapes & mixed fruit 100% fruit juice Salad bar	14 HALF DAY OF SCHOOL BREAKFAST SERVED
17 FAT FREE MILK Baked whole grain chicken nugget Seasoned Cubed Potatoes Mixed green garden salad Fresh apples Salad bar	18 FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar	19 FAT FREE MILK Baked Hamburger patty Served on a whole grain bun Baked oven fries Baked beans Orange wedges Salad bar	20 FAT FREE MILK Classic chicken noodle soup Whole grain GOLDFISH GRILLED CHEESE sandwich Baby carrots and low fat dip Sliced peaches Salad bar	21 FAT FREE MILK Pizza day Stuffed crust whole grain pizza Steamed broccoli buds or peas Sliced pears Salad bar included with all meals
24 FAT FREE MILK Tasty teriyaki dippers Oven baked fries Whole grain breadstick Baby carrots and dip Pineapple & orange wedges Salad bar	25 FAT FREE MILK Pig in a waffle Ham slice served on a waffle Scrambled eggs 100% fruit juice Apples and grapes Salad bar	26 FAT FREE MILK Asian stir fry day New Orleans's style Orange chicken Stir fry veggies Fluffy wild rice Fortune cookie Mandarin oranges Salad bar	27 FAT FREE MILK Reduced fat Macaroni and Cheese Whole grain Garlic toast Seasoned Green Beans Fluffy wild rice Sliced pears Salad bar	28 FAT FREE MILK RETRO PIZZA DAY Tony's square pepperoni pizza Steamed broccoli buds with cheese sauce Fresh fruit Salad bar
31 FAT FREE MILK Carnival corn dog Fun sized Doritos Bolstered baked beans Cinnamon applesauce Salad bar		Featured daily vegetables Monday Spinach Tuesday Radish Wednesday Mushrooms Thursday Red peppers Friday Peas		USDA is an equal opportunity provider and employer"

News

CHECK OUT OUR
 EXPANDED SALAD BARS
 INCLUDED WITH ALL
 MEALS

SECOND LUNCH CHOICE
 AVAILABLE

MON & WED
 PB&J UNCRUSTABLE

THURSDAYS
 TURKEY SUB

**SALAD BAR ITEMS
 OFFERED DAILY INCLUDE:
 ROMAINE LETTUCE,
 TOMATOES, CELERY,
 CARROTS, GREEN
 PEPPERS, CUCUMBERS,
 ONIONS, BROCCOLI, AND
 CAULIFLOWER**