

Flossmoor School District 161

K-8 LunchSmart Menu

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
 MARCH Irish-American Heritage Month			March 1 Spaghetti w/ Meat Sauce Spinach Salad Mandarin Oranges	March 2 Cheese Pizza+ French Fries Fresh Baby Carrots Fresh Apple
March 5 No School - Casimir Pulaski Day	March 6 Beef Hot Dog w/Ketchup & Mustard French Fries Cherry Tomatoes Pear Cup	March 7 Early Dismissal	March 8 Cheeseburger Vegetarian Beans Sliced Tomatoes Tomatoes / Pickles Tropical Fruit Cup	March 9 Cheese Pizza+ Spinach Salad Fresh Baby Carrots Dinner Roll Pineapple Chunks
March 12 Popcorn Chicken w/Dinner Roll Potato Wedges Fresh Baby Carrots Fruit Mix	March 13 Rotisserie Chicken w/Rice Cucumbers Celery Sticks Fresh Banana	March 14 Pizza Dippers w/ Marinara Sauce Spinach Salad Fresh Apple	March 15 French Toast w/Turkey Sausage Hash Browns Vegetable Juice Mandarin Oranges	March 16 Cheese Pizza+ Three-Bean Salad French Fries Diced Peaches
March 19 Breaded Chicken Sandwich Broccoli w/Cheese Sauce Fresh Baby Carrots Fresh Orange	March 20 No School - Election Day	March 21 Corn Dog Vegetable Juice Cucumbers Fresh Banana	March 22 Chicken Fries French Fries Red Pepper Slices Dinner Roll Fresh Apple	March 23 Cheese Pizza+ Celery Sticks w/LF Dressing Baby Carrots Fruit Cocktail
March 26	March 27	March 28	March 29	March 30

Decoding Food Labels

Everyone wants to purchase food that is nutritious and safe. Many people check food labels when they are grocery shopping in an effort to make sure that happens. Unlike the Nutrition Facts label, which is highly monitored, front-of-the package food labels aren't as closely regulated. Beware of words such as natural, fat-free, and light. They might make foods seem healthier than they are.

+ = Meatless selection

Skim & 1% white milk served with lunch each day

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

This institution is an equal opportunity employer