

# Flossmoor School District 161

## K-8 LunchSmart Menu

### March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 5</b> <b>No School - Casimir Pulaski Day</b>	<b>March 6</b> <b>Beef Hot Dog w/Ketchup &amp; Mustard</b> French Fries Cherry Tomatoes Pear Cup	<b>March 7</b> <b>Early Dismissal</b>	<b>March 1</b> <b>Spaghetti w/ Meat Sauce</b> Spinach Salad Mandarin Oranges	<b>March 2</b> <b>Cheese Pizza+</b> French Fries Fresh Baby Carrots Fresh Apple
<b>March 12</b> <b>Popcorn Chicken w/Dinner Roll</b> Potato Wedges Fresh Baby Carrots Fruit Mix	<b>March 13</b> <b>Rotisserie Chicken w/Rice</b> Cucumbers Celery Sticks Fresh Banana	<b>March 14</b> <b>Pizza Dippers w/ Marinara Sauce</b> Spinach Salad Fresh Apple	<b>March 8</b> <b>Cheeseburger</b> Vegetarian Beans Sliced Tomatoes Tomatoes / Pickles Tropical Fruit Cup	<b>March 9</b> <b>Cheese Pizza+</b> Spinach Salad Fresh Baby Carrots Dinner Roll Pineapple Chunks
<b>March 19</b> <b>Breaded Chicken Sandwich</b> Broccoli w/Cheese Sauce Fresh Baby Carrots Fresh Orange	<b>March 20</b> <b>No School - Election Day</b>	<b>March 21</b> <b>Corn Dog</b> Vegetable Juice Cucumbers Fresh Banana	<b>March 15</b> <b>French Toast w/Turkey Sausage</b> Hash Browns Vegetable Juice Mandarin Oranges	<b>March 16</b> <b>Cheese Pizza+</b> Three-Bean Salad French Fries Diced Peaches
<b>March 26</b>	<b>March 27</b>	<b>March 28</b>	<b>March 22</b> <b>Chicken Fries</b> French Fries Red Pepper Slices Dinner Roll Fresh Apple	<b>March 23</b> <b>Cheese Pizza+</b> Celery Sticks w/LF Dressing Baby Carrots Fruit Cocktail
<b>March 26</b>	<b>March 27</b>	<b>March 28</b>	<b>March 29</b>	<b>March 30</b>
<h2>Spring Break</h2>				

### 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**