

Eat smart. Be smart.



Cinnamon



Looking for a nice way to add some spice & sweetness to your favorite foods? Cinnamon not only offers great flavor, but it is also loaded with Super Healthful antioxidants!

So try sprinkling some on your oatmeal or yogurt, sprinkle it on your apples or add it to your baked good recipes and enjoy the sweet spice and health benefits!

NSLP Daily Nutrition Standards

Protein	2oz
Vegetables	.75c
Fruits	1ea
Grains —	1 serving (.5c) 8-10oz weekly
Milk	8oz

Pork

P = Poultry

B = Beef

V = Vegetarian

F = Fish

DF = Meal is Dairy Free

EF = Meal is Egg Free

ALL GRAINS ARE WHOLE GRAIN OR WHOLE WHEAT

March Lowell K-8 Cold Menu

Menu Subject to change

Sidekim Foods is peanut & tree nut free

Monday	Tuesday	Wednesday	Thursday	Friday
4 Grilled Chicken Sandwich Lettuce, Mayo, Tomato Black bean, corn & red pepper salad Bread Fruit, Milk P	5 Cheeseburger Wrap Ketchup, Lettuce, Pickles & Tomatoes Carrot Coins Tortilla 10" Fruit, Milk B (EF)	6 Chef's Salad Turkey, Egg, Cheese over Romaine Lettuce Dinner Roll Dressing Fruit, Milk P	7 Turkey Cranberry Apple Salad Sandwich Lettuce Mexican Street Corn Salad Bread Fruit, Milk P	8 Roast Beef & Cheese Roll w/ Mayo & Lettuce Zucchini & Dip Sandwich Roll Fresh fruit, Milk B (EF except Mayo & dip)
11 Chicken over Caesar Salad Romaine Lettuce, Parm Cheese, Croutons Dinner Roll Dressing Fruit, Milk P/F	12 Twisty 3 Cheese Sandwich Mayo & Lettuce Potato Salad Bread Fruit, Milk V	13 Turkey & Cheese Sandwich Lettuce, pickles & Mayo Carrot coins Sandwich Roll Fresh fruit, Milk P (EF except Mayo)	14. Chicken Salad Wrap Lettuce Chickpea Salad Tortilla Fruit Milk P	15 Honey Ham Cheese Sandwich Lettuce, pickles & Mayo Carrot & Cuke Coins Bread Fruit, Milk Pork, (EF)
18 Tex-Mex Taco Salad w/ Shredded Beef & Cheese Black Beans Romaine lettuce Dressing Tortilla Chips B	19 Terrific Tuna Salad Pickles/ Lettuce Carrot Coins Pita Bread Fruit, Milk F	20 Turkey & Cheese Sandwich Lettuce, pickles & Mayo Carrot coins Sandwich Roll Fresh fruit, Milk P	21 Sweet & Sassy BBQ Chicken Wrap Coleslaw Carrot Coins Tortilla Fruit, Milk P	22 Chicken over Caesar Salad Romaine Lettuce, Parm Cheese, Croutons Dinner Roll Dressing Fruit, Milk P/F
25 Crispy Chicken Sandwich w/ Cheddar Cheese Lettuce Broccoli w/ Dip Sandwich Roll Fruit, Milk P	26 Twisty 3 Cheese Wrap Mayo & Lettuce Mexican Street Corn Salad Tortilla Fresh fruit, Milk V	27 Turkey & Cheese Croissant Mayo Celery Sticks w/ Dip Croissant Fruit, Milk P	28 Chicken Gyro w/ Tzatziki Yogurt Sauce Chickpea Salad Pita Bread Fruit, Milk P	29 Ham & Cheese Sandwich Lettuce, pickles & Mayo Carrot Coins Bread Fruit, Milk Pork, (EF)