

Eat smart. Be smart.



an eflor company

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

ALL GRAINS ARE WHOLE GRAIN OR WHOLE WHEAT

March Lowell HOT Menu

Menu Subject to change

Sidekim Foods is peanut & tree nut free

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cheese Pizza Edamame Fruit, Milk V (EF)	5 Blooming Breakfast For Lunch Breaded Chicken Sweet Potato Wedges Ketchup & Syrup Waffles Fresh Fruit, Milk P	6 Fish Sticks Ketchup Broccoli Brilliant Veggie Brown Rice Fruit, Milk F	7 Mighty Burger w/ Cheese Ketchup Peas Burger Roll B (EF)	8 Cheerful Chicken Fingers Ketchup Carrots Brilliant Veggie Brown Rice Fruit, Milk P
11 Zippy Beef Pasta w/ Meat sauce Marinara Sauce Broccoli WG Pearly Pasta (1c) Fruit, Milk B (DF, EF)	12 Sweet & Sassy BBQ Chicken Drumstick Peas Brilliant Veggie Brown Rice Fruit, Milk P (EF, DF)	13 Early Release Day	14 Shredded Beef Nachos w/ Cheese Salsa Seasoned Pinto Beans Tortilla Chips Fruit, Milk B (EF)	15 Cheese Pizza Carrots Fruit, Milk V (EF)
18 Egg & Cheese Croissant Fruit, Milk V (EF)	19 Chicken Fingers Brown Rice Roasted Winter Squash Fruit, Milk P	20 Early Release Day	21 Mighty Meatball Sub Sweet Potato Wedges Sub roll Fruit, Milk B (DF)	22 Cheese Pizza Broccoli Fresh Fruit, Milk V (EF except dressing)
25 Lasagna w/ Marinara Sauce Broccoli Fresh Fruit, Milk V	26 Blooming Breakfast For Lunch Turkey Sausage Potato Wedges Ketchup & Syrup French Toast Fresh Fruit, Milk P	27 Crispy Fish Sandwich Tartar Sauce Roasted Cauliflower Burger Roll Fruit, Milk F	28 Mighty Burger w/ Cheese Ketchup Edamame Burger Roll B (EF, DF except cheese)	29 Macaroni & Cheese Carrot coins Fruit, Milk V