



Don't forget to eat your vegetables

# Word of Life Lunch

March  
2019

## MONDAY

All menus meeting Federal Nutritional requirements. Menus are subject to change but will always meet these requirements.

## TUESDAY

In accordance with federal civil rights laws, the USDA programs are prohibited from discrimination based on race, color, national origin, sex, disability or age.

## WEDNESDAY

### Ash Wednesday \*

Cheese Nachos w/Lettuce, Tomato & Salsa

HOT Refried Beans  
Cucumber Slices,  
Red Pepper,

## THURSDAY

Sloppy Joe on a Bun  
Hot Wedged Potatoes  
WG Rice Krispie Treat

Celery w/Ranch Dressing  
Diced Pears

## FRIDAY

No School

Tony's Cheese Pizza

Broccoli w/Ranch Dressing  
Radishes  
Fresh Apple

Cheeseburger on a Bun

Romaine  
Cherry Tomatoes,  
Diced Peaches

Pasta w/Meat Sauce & Garlic Bread  
HOT Peas

Baby Carrots,  
Cubed Cantaloupe

Chicken Nuggets w/Ranch Sauce and Dinner Roll  
Hot French Fries

Romaine  
Chilled Mixed Fruit

Pizza Casserole

Cucumber,  
Cherry Tomatoes,  
Diced Pears

Beef Nachos w/Melted Cheese

HOT Refried Beans  
Salsa  
Cold Zucchini  
Fresh Bananas

Diced Chicken w/Gravy over Mashed Potatoes and Dinner Roll

Celery Sticks w/ Ranch  
Red Pepper  
Peaches

Popcorn Chicken w/Honey Mustard and Dinner Roll

Hot Tater Tots  
Romaine  
Fresh Apple

All Beef Hot Dog on a Bun

HOT Peas

Baby Carrots  
Diced Peaches

Baked Potato w/Taco Meat/Cheese

HOT Baked Beans  
Cucumber Slices  
Diced Pears

Swedish Meatballs over Buttered Egg Noodles and Dinner Roll

Sliced Radishes  
Celery Sticks w/ Ranch  
Fresh Orange

Tony's Cheese Pizza

HOT Carrot Coins  
Cauliflower w/Ranch Dressing  
Fresh Orange

Tony's Cheese Pizza

HOT Green Beans  
Carrot Sticks w/Ranch  
Frozen Blueberries

No School

No School

No School

No School

No School

### Prices

1% White  
Skim Chocolate

### Contacts

If you have questions or comments, please call Chef Brian at 414-442-5854.

### Got Milk?

