

Palouse Prairie Charter School Lunch Menu

March 2019



Monday		Tuesday		Wednesday		Thursday		Friday		
March is National Nutrition Month! Healthy eating habits are important to student health and learning. A great place to start is with fruits and vegetables! Take the eat a rainbow challenge of eating different colored fruits and vegetables every week in March. Enjoy fresh, frozen, canned, or dried.								Dr. Seuss Day! Roast Beast Sandwich (BBQ chicken) Truffulo Fruits Skipper Zip's Chips Vroom Veggies Milk choices		
4		5		6		7		8		
Chicken nuggets Twisted baked potatoes Fruit cocktail Milk choices		Hamburger or cheeseburger With lettuce + pickles Apple slices Baked beans Milk choices		Very Berry Salad Bar w/cheese breadstick Milk choices		Baked Fish sticks Twisted Baked Potatoes Peaches Milk choices		No School Teacher Work Day		
11		12		13		14		15		
No School Spring Break!										
18		19		20		21		22		
Creamy Macaroni + Cheese- new recipe Steamed peas Red pepper strips Frosted cookie Milk choices		Turkey + Cheese Sandwich Fresh Fruit + veggies Goldfish Crackers Milk choices		Taco Salad Bar Seasoned Black Beans Fresh Fruit Milk choices		Pizza Breadstick Tossed Green Salad Fresh Fruit Milk choices		Corndog Apple slices Steamed vegetables Milk choices		
25		26		27		28		29		
French Toast sticks Sausage or egg patty Applesauce Cucumber slices Milk choices		Grilled Cheese Sandwich + tomato soup Veggies + dip Chilled pears Milk Choices		Gyro Salad Bar Pita bread Fresh Fruit Milk choices		Chicken Drumstick Mashed potatoes Corn Fruit cocktail Fresh baked roll Milk choices		Cheese Pizza Pullapart Veggies + dip Apple slices Animal crackers Milk choices		
Average		Weekly Target		% of Target		Average		Weekly Target		% Calories
Calories 621		550-650		100		Saturated Fat 5.54g		< 10.00 %		8.0 %
Sodium 1006 mg		< 1230 mg								



Menus are subject to change based on product availability. A choice of milk including fat free + 1% white is offered daily. A vegetarian option is available day. The alternative to the main entrée item is a peanut butter sandwich and yogurt. Sausage on the menu Breakfast sausage- turkey or pork sausage is available. The sausage on the pizza is a chicken/beef blend.

NATIONAL NUTRITION MONTH®

MARCH 2019

eat right. Academy of Nutrition and Dietetics

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