

# Palouse Prairie Charter School

## Lunch Menu March 2020

EAT RIGHT



**BITE BY BITE**

National Nutrition Month  
March 2020

eat right Academy of Nutrition and Dietetics

Monday	Tuesday	Wednesday	Thursday	Friday																
<b>Dr. Seuss Week!</b> 2	3	4	Student Nutrition Open House 5	6																
1 fish, 2 fish sticks! Who Hash-Potatoes Grinch Green beans Fruits of the Truffulo Tree Mr. Brown Can Moo Milk!	<b>Pocket Wocket</b> Chicken Fajitas <b>CRUMMIES IN TUMMIES</b> (Chips + Bean dip) Fruit Choices Mr. Brown Can Moo Milk!	<b>Mulberry Street</b> Macaroni + Cheese Peas + Carrots Fruit Choices Mr. Brown Can Moo Milk!	<b>Sam I am</b> SANDWICH: Turkey Ham or Ham + Cheese Baked Chips Celery + Carrots Fresh Fruit Mr. Brown Can Moo Milk!	<b>Thing 1 and Thing 2 Pizza</b> <b>Truffulo Trees</b> (Broccoli and cheese) Raisins Mr. Brown Can Moo Milk!																
9	10	11	12	13																
HAMBURGER OR CHEESEBURGER Potato Emojis Carrot sticks Chilled fruit Milk choices	CHICKEN DRUMSTICK Seasoned Rice BBQ Baked Beans Green Beans Fresh Fruit Milk choices	SPAGHETTI +MARINARA SAUCE Garlic Toast Fresh vegetables w/dip Fruit choices Milk choices	HOTDOG (TURKEY) ON BUN Fresh fruit Fresh vegetables w/dip Milk choices Goldfish Crackers	PIZZA POCKET W/BEEF SAUSAGE Fresh Vegetables + Dip Chilled Fruit Cherry Crisp Milk choices																
16	17	18	19	20																
<b>No School Spring Break</b>																				
23	24	25	26	27																
FRENCH TOAST STICKS Sausage or Egg Patty Breakfast Potatoes Vegetable choices Warm Cinnamon Apples Milk choices	CORN DOG NUGGETS Fresh vegetables + dip BBQ baked beans Fruit choices Milk choices	YUMMY CHEESE SANDWICH + TOMATO SOUP Fresh fruit Fresh vegetables w/dip Milk choices	YANG'S ORANGE CHICKEN Brown + White Rice Steamed Vegetables Mandarin Oranges FORTUNE COOKIE Milk choices	CHEESE RIPPER Fruit choices Fresh Vegetables + Dip Rocket Bar Milk choices																
30	31	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Average</th> <th>Weekly Target</th> <th>% Calories</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>627</td> <td>550-700</td> <td></td> </tr> <tr> <td>Sodium</td> <td>1005mg</td> <td>&lt; 1230 mg</td> <td></td> </tr> <tr> <td>Saturated Fat</td> <td>6.14 g</td> <td>&lt; 10.00 %</td> <td>8.8 %</td> </tr> </tbody> </table>				Average	Weekly Target	% Calories	Calories	627	550-700		Sodium	1005mg	< 1230 mg		Saturated Fat	6.14 g	< 10.00 %	8.8 %
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CHICKEN NUGGETS SunChips Fresh vegetables + dip Fruit choices Milk choices	CHEESE BREADSTICK + MARINARA SAUCE Tossed Green Salad Fresh Fruit Milk choices																			

Menus are subject to change based on product availability. A selection of milk including fat free chocolate, fat free + 1% white is offered daily. A vegetarian option is available every day. The alternate to the main meal is a peanut butter sandwich with yogurt or a cheese stick.

**MEALS COME WITH ½ cup FRUITS AND ¾ cup VEGETABLES.**