



Golden Door Charter School

March 2018 Lunch Menu

NUTRITION NEWS: Celebrate National Nutrition Month® and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

All meals are served with the Vegetable of the Day and/or a selection from Mac's Veggie Patch, Fruit of the Day and Low Fat Milk Choice

Student Lunch \$2.85
 Reduced Lunch \$0.40
 Adult Lunch \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 		1 Hamburger Mac & Cheese Dinner Roll Steamed Spinach Fresh or Chilled Fruit	2 Twisted Cheesy Breadsticks with Marinara Sauce Rainbow Garden Salad "Pink Ink Yink" Sorbet <i>Dr. Seuss' Birthday Read Across America</i>
5 BBQ Chicken Dinner Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	6 Breakfast for Lunch Waffles Breakfast Sausages Tater Tots Fresh or Chilled Fruit	7 Half Day Assorted Sandwiches Veggie Dippers Fresh or Chilled Fruit	8 Sloppy Joes on a Bun Potato Wedges Fresh or Chilled Fruit	9 Mini Pizza Bagels Freshly Prepared Italian House Salad Fresh or Chilled Fruit
SCHOOL BREAKFAST National School Breakfast Week				
12 Meatless Monday Grilled Cheese Sandwich Tomato Soup Three Bean Salad Fresh or Chilled Fruit	13 Chicken Nuggets Dinner Roll Mixed Vegetables Fresh or Chilled Fruit	14 Walking Nachos with Taco Meat, Shredded Cheddar Cheese, Doritos Lettuce, Tomato & Salsa Rice Steamed Corn Fresh or Chilled Fruit	15 Breakfast for Lunch New Recipe! Bacon, Egg, & Cheese on a Croissant Sweet Potato Fries Fresh or Chilled Fruit	16 <i>Lucky Tray Day!</i> New Recipe! Bella's Pizza New York Style Freshly Prepared Caesar Salad Gelatin Fruit Cups
19 Crispy Chicken Sandwich Emoji Fries Fresh or Chilled Fruit	20 Spring Picnic Pretzel Dog Baked Beans Three Bean Salad Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Pasta with Meat Sauce Dinner Roll Mixed Vegetables Fresh or Chilled Fruit	22 Sweet & Sour Popcorn Chicken with Rice & Broccoli Fresh or Chilled Fruit	23 Stuffed Crust Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 Meatless Monday Cheese Lasagna Rollup with Marinara Sauce Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	27 Breakfast for Lunch Pancakes Breakfast Sausages Sweet Potato Tots Fresh or Chilled Fruit	28 Popcorn Chicken Soft Pretzel Stick Three Bean Salad Fresh or Chilled Fruit	29 Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS! Tortilla Chips Steamed Corn Fresh or Chilled Fruit	30 School Closed

Maschio's Swap Outs

Monday: Grilled Cheese or Tuna Sandwich

Tuesday: Hummus Platter

Wednesday: Tuna Sandwich

Thursday: Vegetarian Garden Burger on a Bun

Friday: Turkey & Cheese Sandwich

Maschio's Swap Outs Available Daily

Bagel & Yogurt Bag Meal

Grilled Chicken Caesar Salad with Roll

Fruit & Cheese Platter– Mon. & Fri..

Connect with us!



Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Our well-balanced lunches available for the week, average between **550-650 calories**, with **less than 10%**

Questions or Concerns?
 Please Visit www.MaschioFood.com

MENU SUBJECT TO CHANGE



"This institution is an equal opportunity provider"