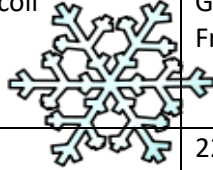


Memphis Elementary January, February and March Lunch Menu


*subject to change


8 Chicken Quesadilla Mexican Rice Romaine Salad	9 Walking Taco's Refried Beans	10 Hamburgers Or Cheeseburger Green Beans Chips	11 Bosco's Green beans French Fries	12 Pizza Romaine Salad French Fries	APPLES, STRAWBERRIES, ORANGES
15 Mini Corn Dogs Baked Beans Sliced Carrots	16 MHS Bowls <small>Popcorn chicken, potatoes, corn, & gravy</small> Rolls	17 Hot Ham & Cheese on a Pretzel bun Broccoli	18 Burrito's Mexican Rice Fiesta Corn	19 Pizza Romaine Salad French Fries	APPLES, BANANAS, PEACHES
22 Popcorn Chicken Baked Beans Corn	23 Pizza Romaine Salad French Fries	24 ½ Day	25 ½ Day	26 ½ Day	APPLES, PINEAPPLE
29 Chicken Quesadilla Mexican Rice Romaine Salad	30 Mini Pancakes Go-gurts String Cheese	31 Chicken Patty on a WG Bun Baked Beans Corn	FEBRUARY 1 Bosco's Green beans French Fries	2 Pizza Romaine Salad French Fries	APPLES, STRAWBERRIES, PINEAPPLE
5 Chicken Nuggets Mashed Potatoes Broccoli	6 Walking Taco's Refried Beans	7 Chicken Quesadilla Mexican Rice Romaine Salad	8 Hotdog on a Bun Tatar tots Baked Beans	9 Pizza Romaine Salad French Fries	APPLES, BANANAS, PEACHES
12 Mini Corn Dogs Baked Beans Sliced Carrots	13 Hamburgers Or Cheeseburger Green Beans Chips	14 Pizza Romaine Salad French Fries	15 ½ Day	16 No School	APPLES, GRAPES
19 No School	20 Mini Pancakes Go-gurts String Cheese	21 Mac & Cheese Broccoli	22 Chicken Nuggets Au gratin Potatoes Broccoli	23 Pizza Romaine Salad French Fries	APPLES, STRAWBERRIES, PINEAPPLE
26 Popcorn Chicken Baked Beans Corn	27 Lasagna Roll ups Romaine Salad Garlic Toast	28 Chicken Patty on a WG Bun Au gratin Potatoes Corn	MARCH 1 Bosco's Green beans French Fries	2 Pizza Romaine Salad French Fries	APPLES, BANANAS, PEACHES

5 Mini Corn Dogs Baked Beans Sliced Carrots	6 Orange Chicken over Rice Broccoli Fortune Cookie WG Roll	7 Bosco's Green beans French Fries	8 Burrito's Mexican Rice Fiesta Corn	9 Pizza Romaine Salad French Fries	APPLES, STRAWBERRIES, ORANGES
12 Chicken Quesadilla Mexican Rice Romaine Salad	13 Chicken Nuggets Mashed Potatoes Broccoli	14 Mac & Cheese Broccoli	15 Bosco's Green beans French Fries	16 Pizza Romaine Salad French Fries	APPLES, PEARS PINEAPPLE
19 Bosco's Green beans French Fries	20 MHS Bowls <small>Popcorn chicken, potatoes, corn, & gravy</small> Rolls	21 Sandwich Day <small>Chicken, burgers, rib lets</small> On a WG Bun Baked Beans	22 Chili Cheese Fries WG Rolls Corn	23 Pizza Romaine Salad French Fries	APPLES, BANANAS, PEACHES
26 Popcorn Chicken Baked Beans Corn	27 Hamburgers Or Cheeseburger Green Beans Chips	28 Bosco's Green beans French Fries	29 Pizza Romaine Salad French Fries	30 No School Good Friday	APPLES, PINEAPPLE GRAPES



Schools must offer students a 5-component meal which includes: Milk, Fruit, Vegetables, Whole Grains and Meat/Meat alternative. Your Student must choose a minimum of 3 components to be considered a meal, one of which must be a FRUIT OR VEGETABLE.

 **The Veggie Bar** will include but not limited to Baby Carrots, Broccoli, Cucumbers, Romaine lettuce, Tomatoes.

 **The Fruit Bar** will include fresh in season fruits including Apples, Oranges, Pears, Banana's, (When available). Occasionally due to circumstances we will offer canned fruit such as Pineapple, Mandarin Orange slices etc.

Every meal includes 1% White Milk or Fat Free Chocolate Milk 

“USDA is an equal opportunity provider and employer.”

Contact Information: Laura Nickelson 810-535-8448 or 810-535-8449