



# Mount Prospect Lunch Menu

March 2019

New Snack Offering on Wednesdays and Fridays!

**Ice Milk Novelties**  
\$1.50

Made with either non-fat or skim milk

All cones whole grain rich

### Allergen Key

G – Gluten

E – Egg

D – Dairy

**\*Vegetarian Options\***

**1**

Grilled Cheese\* with or without Bacon (GD)

Fresh Cucumber Slices

Fruit Cup in Juice

**4**

French Toast Sticks\* with Scrambled Eggs (GED) OR Campfire Beans over WG Rice\*

Baked Hash Brown

Fresh Orange

**5**

Cheese Ravioli\* (GED) with Marinara Sauce\*

Mixed Roasted Vegetables

Fresh Apple

**6**

**½ Day Teacher**

**In-Service Day**

**No Lunches Served**

**7**

Meatball Parm Sub (GED)

Roasted Carrots

Pineapple Tidbits in Juice

**8**

Chicken or Cheese\* (D) Nachos

Fresh Red Pepper Strips

Mandarin Oranges in Juice

**11**

Mac and Cheese\* (GD) with Corn Bread (GED) OR Campfire Beans over WG Rice\*

Coleslaw

Apricot Halves in Juice

**12**

**Ace Giveaway Day**

Popcorn Chicken (G) with Whole Grain Dinner Roll\*

Fresh Red Pepper Strips

Diced Pears in Juice

**13**

All Beef Hot Dog on a Bun (G)

Baked French Fries

Fresh Apple

**14**

Mini Waffles\* (GED) with Chicken Sausage

Baked Tater Tots

Applesauce

**15**

Rotini Pasta (G) with Meat Sauce or Marinara\* Sauce with Whole Grain Dinner Roll (G)

Steamed Corn

Fruit Cup in Juice

**18**

Mini Pancakes\* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice\*

Baked Hash Brown

Raisins

**19**

Penne Alfredo with Chicken (GD)

Roasted Carrots

Fresh Grapes

**20**

**First Day of Spring**

Chicken Nuggets (G) with Garlic Toast (GD)

Fresh Broccoli

Fresh Banana

**21**

Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G)

Fresh Tomato Wedges

Fresh Orange

**22**

Pizza Sticks\* (GD) with Marinara Sauce

Fresh Cucumber Slices

Mandarin Oranges in Juice

**25**

Mini Berry French Toast\* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice\*

Baked Tater Tots

Apple Sauce

**26**

Sweet and Sour Chicken (G) over Whole Grain Rice

Fresh Red Pepper Strips

Fresh Pear

**27**

Cheese\* or Beef Nachos (GD)

Roasted Carrots

Diced Peaches in Juice

**28**

Cheesy Baked Penne\* (GD)

Fresh Broccoli

Pineapple Tidbits in Juice

**29**

Mozzarella Sticks\* (GD) with Marinara Sauce

Steamed Corn

Apricot Halves in Juice

### More info...Meatless Mondays!

Lunch Price \$2.60

Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

### Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.

For lunch related information Visit:

<http://bernards.schooldish.com>