MARCH 2020

Florence School District 3

IT'S NATIONAL KIDNEY MONTH! GET TO KNOW YOUR KIDNEYS AND WHAT THEY DO FOR YOU!

Friday Thursday Wednesday Monday **Tuesday** 3 Cheeseburger on WW Bun Salisbury Steak **Chicken Nuggets** Pizza Taco w/Pickle Slices Brown Rice w/Gravy Seasoned Oven Fries Whole Kernel Corn Lettuce/Tomato/Cheese/Salsa Lettuce & Tomato **Cut Green Beans Collard Greens Tossed Salad Refried Beans** Sun Chips WW Breadstick **Steamed Carrots Stewed Tomatoes Pineapple Tidbits** Cucumber Coins w/Dip **Sliced Peaches Tropical Fruit Mix Assorted Fresh Fruit Diced Pears** 100% Juice Slushie Assorted Fresh Fruit Fruit Juice **Assorted Fresh Fruit** Chilled Mandarin Orange Cup 10 12 13 Meatball Marinara W/Spaghetti **Orange Chicken Rice Bowl** Cheeseburger on WW Bun Nachos w/Chili **Professional Day for Teachers** w/Garlic Breadstick **Steamed Broccoli Cut Green Beans Tomato & Cucumber Salad** Romaine Side Salad Celery Sticks w/Dip **Baked Beans Glazed Carrots** Carrot Sticks w/Dip **No School for Students** Fresh Apple **Applesauce Pineapple Tidbits Chilled Fruit Cup Tropical Fruit Mix** Fruit Juice **Assorted Fresh Fruit** Fruit Juice 19 16 17 20 Spaghetti w/Meat Sauce BBO Pork w/Rice **Chicken Nuggets** Chili Dog on WW Bun Steamed Broccoli w/Cheese Sauce **Chicken Fillet Sandwich Green Sweet Peas** Celery Sticks w/Ranch Dip Cole Slaw Steamed Squash Whole Kernel Corn **Sweet Potato Fries Seasoned Tater Tots Baked Beans** Yeast Roll **Kidney Beans** Yeast Roll Warm Cinnamon Apples **Chilled Mandarin Orange Cup Applesauce Pineapple Tidbits** Spinach Salad w/Grape Tomatoes **Diced Pears** Assorted Fresh Fruit Fresh Apple Slices Fresh Tangerine Fruit Juice Fresh Grape Cup Cheeseburger on WW Bun 27 23 **Smoked Sausage** 24 25 Fajita Chicken 26 Chili Dog on WW Bun w/ Sweet & Sour Sauce **Brown Rice** Ham & Cheese on WW Bun w/Lettuce & Tomato **Seasoned Oven Fries Stewed Tomatoes Broccoli Salad Seasoned Oven Fries Cut Green Beans Collard Greens Sweet Potato Tots Steamed Carrots** Pinto Beans **Sliced Peaches** Cornbread WG Roll **Applesauce Baked Apple** Fruit Juice Assorted Fresh Fruit Fruit Cocktail **Assorted Fresh Fruit Assorted Fresh Fruit** Assorted Fresh Fruit 100% Juice Slushie Spaghetti w/Meat Sauce 31 30 Chicken Fillet Sandwich **Green Sweet Peas** Lettuce & Tomato **Steamed Squash Steamed Carrots** WW Cinnamon Roll **Black Eved Peas** Applesauce **Sliced Peaches** Fresh Grape Cup Fruit Flavored Raisels Assorted Milk Choices Daily: 1% White, Skim White, Adult Meal: \$3.85

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Friday Thursday **Tuesday** Monday Wednesday Cheeseburger on WW Bun Chicken Nuggets Salisbury Steak Pizza Taco w/Pickle Slices Lettuce/Tomato/Cheese/Sals Chef Salad **Chef Salad Chef Salad Chef Salad** Brown Rice w/Gravv **Chef Salad** Lettuce & Tomato Peanut Butter w/Jelly & Cheese Stick Peanut Butter w/ Jelly & Cheese Stick **Collard Greens Seasoned Oven Fries** Whole Kernel Corn Peanut Butter w/ Jelly & Cheese Stick Sun Chips **Stewed Tomatoes Refried Beans Cut Green Beans Tossed Salad** Cucumber Coins w/Dip **Tropical Fruit Mix** WW Breadstick **Pineapple Tidbits** Steamed Carrots 100% Juice Slushie Fruit Juice Sliced Peaches / Assorted Fruit Assorted Fresh Fruit **Diced Pears/ Assorted Fruit** Chilled Mandarin Orange Cup Cheeseburger on WW Bun 11 Orange Chicken Rice Bowl Nachos w/Chili 13 Meatball Marinara over Spaghetti 12 Lettuce & Tomato w/Garlic Breadstick **Chef Salad Chef Salad Professional Day for Teachers Chef Salad** Steamed Broccoli Chef Salad Peanut Butter w/ Jelly & Cheese Stick Celery Sticks w/Dip Peanut Butter w/ Jelly & Cheese Stick **Tomato & Cucumber Salad** Peanut Butter w/Jelly & Cheese Stick Fresh Apple **No School for Students Cut Green Beans Glazed Carrots** Romaine Side Salad **Tropical Fruit Mix Baked Beans** Pineapple Tidbits Carrot Sticks w/Dip Applesauce/ Fruit Juice **Assorted Fresh Fruit** Chilled Fruit Cup / Fruit Juice Hot Dog w/Chili on WW Bun 6 Chicken Fillet Sandwich BBQ Pork w/Rice Spaghetti w/Meat Sauce **Chicken Nuggets** 18 20 **Chef Salad** Chef Salad Chef Salad Chef Salad Chef Salad **Green Sweet Peas** Or Celery Sticks w/Ranch Dip Peanut Butter w/Jelly & Cheese Stick Peanut Butter w/Jelly & Cheese Stick Steamed Squash Peanut Butter w/Jelly & Cheese Stick **Sweet Potato Fries** Steamed Broccoli w/Cheese Sauce Cole Slaw Yeast Roll **Seasoned Tater Tots** Yeast Roll Whole Kernel Corn **Baked Beans Pineapple Tidbits** Warm Cinnamon Apples **Diced Pears Kidney Beans** Chilled Mandarin Orange Cup Spinach Salad w/Grape Tomatoes Fresh Apple Slices Fresh Grape Cup **Applesauce / Fresh Tangerines Assorted Fresh Fruit** Fruit Juice Ham & Cheese on WW But 25 Cheeseburger on WW Bun 27 Fajita Chicken w/ Sweet Sour Sauce 6 Baked Corn Dog or 23 Smoked Sausage Lettuce & Tomato w/Lettuce & Tomato **Corn Dog Minis Chef Salad Chef Salad Chef Salad Brown Rice** Chef Salad **Chef Salad** Peanut Butter w/ Jelly & Cheese Stick Stewed Tomatoes **Seasoned Oven Fries** Peanut Butter w/Jelly & Cheese Stick Peanut Butter w/Jelly& Cheese Stick Broccoli Salad **Collard Greens** Sliced Peaches **Cut Green Beans** Seasoned Oven Fries **Sweet Potato Tots** Cornbread Fruit Juice **Steamed Carrots** Pinto Beans WG Roll Fruit Cocktail Baked Apple / Assorted Fruit Applesauce / Assorted Fruit 100% Juice Slushie/ Assorted Fruit Assorted Fresh Fruit Chicken Fillet Sandwich 30 Spaghetti w/Meat Sauce 31 Lettuce & Tomato Chef Salad **Green Sweet Peas Chef Salad** Steamed Squash Peanut Butter w/Jelly & Cheese Stick WW Cinnamon Roll **Steamed Carrots** Applesauce **Black Eyed Peas** Fresh Grape Cup Sliced Peaches / Fruit Flavored Raisels Assorted Milk Choices Daily: 1% White, Skim White, FF Chocolate, Vanilla, & Strawberry Adult Meal: \$3.85

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IT'S NATIONAL KIDNEY MONTH!
GET TO KNOW YOUR KIDNEYS
AND WHAT THEY DO FOR YOU!

REM, J. PAUL, LLLC, LCH (HIGH)

Monday Chicken Nuggets

Or
Assorted Pizza
Seasoned Oven Fries
Cut Green Beans
WW Breadstick
Sliced Peaches

Assorted Fresh Fruit

Meatball Sub or
Meatball Marinara over Rotini
Or
Assorted Pizza
w/Garlic Breadstick
Romaine Side Salad

Carrot Sticks w/Dip

Chilled Fruit Cun

Hot Dog w/Chili on WW Bun Or
Assorted Pizza
Cole Slaw
Baked Beans

Baked Beans
Chilled Mandarin Orange Cup
Assorted Fresh Fruit

Baked Corn Dog or
Corn Dog Minis

Assorted Pizza
Seasoned Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

Chicken Fillet Sandwich 30

Assorted Pizza
Lettuce & Tomato
Steamed Carrots
Black Eved Peas

Sliced Peaches

Fruit Flavored Raisels

Tuesday

Salisbury Steak
Or
Salad Bar
Brown Rice w/Gravy
Collard Greens
Stewed Tomatoes
Tropical Fruit Mix
Fruit Juice

Orange Chicken Rice Bowl 0

Or Salad Bar Breadstick Steamed Broccoli Glazed Carrots Fresh Apple Tronical Fruit Mix

Spaghetti w/Meat Sauce

Salad Bar Green Sweet Peas Steamed Squash WW Cheesy Breadstick Pineapple Tidbits Fresh Apple Slices

> Smoked Sausage Or Soled Por

Or Salad Bar Brown Rice Stewed Tomatoes Collard Greens Cornbread

Fruit Cocktail/ Assorted Fruit

Spaghetti w/Meat Sauce Or Salad Bar Green Sweet Peas Steamed Squash WW Cinnamon Roll Applesauce Fresh Grape Cup

Wednesday

Pizza
Or
Sub Station
Whole Kernel Corn
Tossed Salad
Pineapple Tidbits
Assorted Fresh Fruit

Cheeseburger on WW Bun

Sub Station
Lettuce & Tomato
Cut Green Beans
Tomato & Cucumber Salad
Applesauce
Fruit Juice

BBQ Pork w/Rice Or Sub Station

Sub Station Steamed Broccoli w/Cheese Sauce Kidney Beans Whole Kernel Corn

Applesauce Fresh Tangerine

Ham & Cheese on WW Bun Or

Sub Station
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

Thursday

Taco
Lettuce/Tomato/Cheese/ Salsa
Or
Salad Bar
Refried Beans
Steamed Carrots
Diced Pears
Assorted Fresh Fruit

Nachos w/Chili
Or
Salad Bar
Whole Kernel Corn
Pinto Beans
Pineapple Tidbits
Assorted Fresh Fruit
Royal Brownie w/Leing

Chicken Fillet Sandwich 19
Or
Salad Bar
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad w/Grape Tomatoes
Fruit Juice

Fiesta Bowl
Or
Salad Bar
Broccoli Salad
Sweet Potato Tots
WG Roll
Assorted Fresh Fruit
100% Juice Slushie

Friday

Cheeseburger on WW Bun
Or
Assorted Pizza
w/Pickle Slices
Lettuce & Tomato
SunChips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

13

20

Professional Day for Teachers

No School for Students

Hot Wings Or

Assorted Pizza
Celery Sticks w/Ranch Dip
Sweet Potato Fries

Yeast Roll Diced Pears Fresh Grape Cup

Cheeseburger on WW Buy 7 w/Lettuce & Tomato

Assorted Pizza Seasoned Oven Fries Sliced Peaches Fruit Juice

Assorted Milk Choices Daily: 1% White, Skim White, FF Chocolate, Vanilla, & Strawberry

Adult Meal: \$3.85

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