MNPS NUTRITION SERVICES

LUNCH

MIDDLE SCHOOLS, 6-8

METROPOLITAN Nashville PUBLIC SCHOOLS

MARCH, 2013

		We hope that you will always make the school cafeteria first choice for your child's breakfast everyday		8 Hamburger or Veggie burger on WG bun/Baked fish on Harvest bun or Lemon garlic tilapia W/WG roll/Chef salad/Oven baked fries Green peas/Tossed spring mix salad W/lowfat dressing Fresh fruit (oranges, bananas, grapes, apples) 1% lowfat milk selection
4 WG turkey pepperoni pizza Chicken fajita W/WG tortilla Chef salad/Glazed carrots Golden corn/Tossed spring mix salad W/lowfat dressing Fresh fruit (apples, oranges, bananas, grapes) 1% lowfat milk selection	5 Meatloaf W/WG roll Deli turkey sandwich plate In-line salad bar meal Mashed potatoes or potato wedges/Vegetable soup Pinto beans/Carrot sticks Fresh fruit (apples, oranges, bananas, grapes) 1% lowfat milk selection	6 Baked chicken W/WG roll or Chicken patty on bun/ Grilled cheese on WW bread Lemon garlic tilapia/WG roll Chef salad/Spinach/Green beans/Sweet potatoes W/ apples/Tossed spring mix salad W/yogurt cucumber or lowfat dressing/Fresh fruit (apples, oranges, bananas, grapes)/Congealed fruit 1% lowfat milk selection	7 BBQ riblet patty on WG bun Santa Fe casserole W/WG roll/Chef salad/Marinated black bean salad/Mustard greens/Celery sticks Tossed spring mix salad W/ lowfat dressing/Fresh fruit (oranges, bananas, grapes) Applesauce 1% lowfat milk selection	8 Hamburger or baked fish on harvest grain bun/Veggie burger on WG bun/Chicken penne casserole W/WG roll Chef salad/Baked fries Steamed cabbage/Tossed spring mix salad W/lowfat dressing/Fresh fruit (oranges, bananas, grapes) Sliced peaches 1% lowfat milk selection
11 Cheesy flatbread pizza BBQ chicken on WG bun Chef salad/Marinated black bean salad/Vegetable medley/Green beans/Tossed spring mix salad W/lowfat dressing/Fresh fruit (apples, oranges, bananas, grapes) 1% lowfat milk selection	12 Turkey tetrazzini W/WG roll Sloppy joe on harvest bun In-line salad bar meal Spinach/Corn/Tossed spring mix salad W/lowfat dressing Fresh fruit (apples, oranges, bananas) Pineapple chunks in natural juice 1% lowfat milk selection	13 Orange chicken W/WG vegetable rice/WG rice /WG roll/Grilled cheese on WW bread/Chef salad/Sweet potato crinkles/Steamed broccoli/Lima beans/Tossed spring mix salad W/ cucumber yogurt or lowfat dressing/Fresh fruit (apples, oranges, bananas, grapes) 1% lowfat milk selection	14 Hamburger or Veggie burger on WG bun/Baked fish on harvest grain bun or Lemon garlic tilapia W/WG roll Chef salad/Baked fries Green peas & carrots Tossed spring mix salad W/ lowfat dressing/Fresh fruit (oranges, grapes, bananas) Mixed fruit in natural juice 1% lowfat milk selection	15 STUDENTS DO NOT REPORT
18 NTERSESSION	19 INTERSESSION	20 INTERSESSION	21 INTERSESSION	22 INTERSESSION
25 SPRING BREAK	26 SPRING BREAK	2 SPRING BREAK	28 SPRING BREAK	29 SPRING BREAK

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