

# Portage Public Schools & Chartwells School Dining Services

MEALS ARE OFFERED W/ CHOICE OF ENTRÉE, A TRIP TO THE FRESH FOOD BAR FOR SERVINGS OF FRUITS AND VEGETABLES, AND SKIM OR LOW FAT MILK.

**March Elementary Lunch Menu**  
**Lunch Price \$1.80**  
**Reduced Price - \$ .40**

*Menu Questions or Comments?*  
 Please contact Susan Livingston,  
 323-5155 or slivingston@portageps.org

## CELEBRATING NATIONAL NUTRITION MONTH!

<p>1</p> <p>Popcorn Chicken with Roll OR</p> <p> <b>Balanced Choices Meal:</b></p> <p> Cheese &amp; Veggie Tostada Steamed Corn Warm Baked Apples</p>	<p>2</p> <p>Pizza Dippers with Sauce OR</p> <p>Cheeseburger Broccoli Salad Mandarin Oranges</p>	<p>3</p> <p style="text-align: center;"><b>LUCKY TRAY DAY</b></p> <p> <b>Balanced Choices Meal:</b></p> <p> Penne Pasta with Meat Sauce &amp; Roll OR</p> <p>Fun Fish Shapes Seasoned Peas Jell-o with Mixed Fruit</p>	<p>4</p> <p>Cheesy Garlic Flatbread Pizza OR</p> <p>Beef &amp; Bean Chili w/ crackers Mixed Vegetables Rainbow Apples</p>	<p>5</p> <p> Crispy Beef Taco OR</p> <p>Egg &amp; Cheese  English Muffin Green Beans Fruit Cocktail</p>
<p>8</p> <p> WG French Toast Sticks Scrambled Eggs OR</p> <p>Ham &amp; Cheese Melt Cosmic Potatoes Mandarin Oranges</p>	<p>9</p> <p> Nachos with Corn Chips, Spicy Beef Taco Meat, Cheese &amp; Lettuce OR</p> <p>Chicken Ranch Wrap Southwest Black Beans Peaches</p>	<p>10</p> <p> <b>Balanced Choices Meal:</b></p> <p> WG Breaded Chicken Nuggets with Roll OR</p> <p>Soft Beef Taco Roasted Carrot "Fries" Orange Smiles Chocolate Pudding</p>	<p>11</p> <p> Twisted Cheese Breadsticks OR</p> <p> <b>Balanced Choices Meal:</b></p> <p>Beef Ravioli with Roll Seasoned Green Beans  Fruit Crisp</p>	<p>12</p> <p>Macaroni &amp; Cheese with Breadstick OR</p> <p>Cheeseburger Sliders Green Peas Fruit Cocktail</p>
<p>15</p> <p> <b>Balanced Choices Meal:</b></p> <p>Hamburger OR</p> <p>Egg &amp; Cheese  English Muffin Seasoned Corn Tossed Salad with Light Dsg. Pears</p>	<p>16</p> <p>Beef Hot Dog OR</p> <p>Chicken Ranch Twister Potato Smiles Peaches</p>	<p>17</p> <p>Popcorn Chicken with Roll OR</p> <p>Ham &amp; Cheese Melt Baked Beans Fresh Apple</p>	<p>18</p> <p> <b>Balanced Choices Meal:</b></p> <p>Cheesy Garlic Flatbread Pizza OR</p> <p>Chicken &amp; Cheese Quesadilla Steamed Broccoli Warm Baked Apple Slices</p>	<p>19</p> <p style="text-align: center;"><b>LUCKY TRAY DAY</b></p> <p> Spaghetti with Meatballs &amp; Roll OR</p> <p>Fun Fish Shapes Seasoned Green Beans Pineapple</p>
<p>22</p> <p> <b>Balanced Choices Meal:</b></p> <p> Mini Corn Dogs With Roll OR</p> <p>Grilled Chicken Sandwich Seasoned Peas &amp; Carrots Applesauce</p>	<p>23</p> <p> Crispy Beef Taco with lettuce OR</p> <p>BBQ Riblet Sandwich  Rice &amp; Beans Fresh Apple</p>	<p>24</p> <p> WG French Toast Sticks Scrambled Eggs OR</p> <p>Fish Sandwich Potato Smiles Banana</p>	<p>25</p> <p>Cheesy Garlic Flatbread Pizza OR</p> <p>Ham &amp; Cheese Sub Baby Carrots and dip Fruit Goop</p>	<p><b>No School</b></p> <p><b>Spring Break</b></p>
<p>4/5</p> <p>Chicken Tenders with Brown Rice  OR</p> <p>Egg &amp; Cheese  English Muffin Glazed Baby Carrots Pears</p>	<p>4/6</p> <p> <b>Balanced Choices Meal:</b></p> <p> Nachos with Corn Chips, Spicy Beef Taco Meat, Cheese &amp; Lettuce OR</p> <p>Chicken Ranch Wrap Green Peas Fresh Apples</p>	<p>4/7</p> <p>Beef Hot Dog OR</p> <p>Chicken &amp; Cheese Quesadilla Seasoned Green Beans Fresh Grapes</p>	<p>4/8</p> <p> Twisted Cheese Breadsticks OR</p> <p>Turkey &amp; Cheese Melt Potato Wedges Fruit Cocktail</p>	<p>4/9</p> <p> <b>Balanced Choices Meal:</b></p> <p> Breaded WG Chicken Sandwich OR</p> <p>Sloppy Joe Sliders Mixed Vegetables Pineapple</p>

\*This menu item is made with whole grain

\* This item may contain pork products

Menu subject to change without notice

### Alternate Lunches

Mon, Wed & Fri: Chef Salad    Tue & Thur: Chicken Caesar Salad  
 Daily: Chartbuster's Sack Lunch

### Chartbusters Sack Lunches

<p style="text-align: center;"><b>Mondays:</b></p> <p> <b>Balanced Choices Meal:</b></p> <p><b>Pizza Dunkers Fun Lunch</b> Breadsticks with shredded mozzarella cheese, pizza sauce, fresh fruit, and milk.</p>	<p style="text-align: center;"><b>Tuesdays:</b></p> <p> <b>Taco Fun Lunch</b> WG Pita bread, shredded cheddar cheese, salsa, fresh fruit juice and milk.</p>	<p style="text-align: center;"><b>Wednesdays:</b></p> <p> <b>Pita Pizza Fun Lunch</b> WG Pita bread wedges, shredded mozzarella cheese, pizza sauce, fresh fruit and milk.</p>	<p style="text-align: center;"><b>Thursdays:</b></p> <p> <b>Breakfast Fun Lunch</b> Strawberry yogurt, mozzarella cheese stick, Fruity Cheerio's cereal bowl, fresh fruit and milk.</p>	<p style="text-align: center;"><b>Fridays:</b></p> <p> <b>Nacho Fun Lunch</b> Tortilla chips, cheddar cheese sauce cup, salsa, fresh fruit and milk.</p>
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The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

Go to [MyPyramid.gov](http://MyPyramid.gov) for online personal wellness resources for you and your family



## March Food Focus – Carrot

Carotenoids are plant pigments that give carrots their orange color

**A** great superfood for your eyes, skin and hair

Rich in vitamin A, potassium, and fiber

Raw carrots can be orange, purple, white, red or yellow

**O**utstanding vegetable eaten raw, steamed, shredded as well as cut and baked as “carrot fries”

Tops should be removed before storing

## 5 Fun Facts about Carrots . . . .

- ★ Carrots originated in Afghanistan
- ★ Orange carrots get their color from beta carotene.
- ★ California is the top fresh carrot producer in the United States
- ★ They are fat free, low in sodium and are a good source of fiber.
- ★ They are a favorite of Bugs Bunny and Eva Live!

*Kids - Tell you lunch server a fun fact about carrots and get a special surprise addition to your lunch!*

## **CELEBRATING NATIONAL SCHOOL BREAKFAST WEEK MARCH 8 – 12!**

**Breakfast Serving Time:** 8:15 am - 8:45 am      **Price:** \$1.20 paid, \$0.30 reduced\*, free\* (\*if qualified)  
 No Advance Registration Necessary! All Students are Welcome Every Day!

<b>Elementary Breakfast Menu</b>				
Breakfast Comes With Fruit or 100% Fruit Juice & Skim or 1% Milk.				
<b>Mondays:</b>	<b>Tuesdays:</b>	<b>Wednesdays:</b>	<b>Thursdays:</b>	<b>Fridays:</b>
Trix Whole Grain Cereal Bar OR Asst. Cereal Graham Crackers Hard Boiled Egg	Keebler Blueberry “Elfin” Loaf OR Asst. Cereal Graham Crackers Hard Boiled Egg	Bagel with Cream Cheese OR Asst. Cereal Graham Crackers Hard Boiled Egg	Cinnamon Toast Crisps OR Asst. Cereal Graham Crackers Hard Boiled Egg	Ultimate Breakfast Round OR Asst. Cereal Graham Crackers Hard Boiled Egg
<b>Nutrition Break Bags</b>				
All Nutrition Break Bags are available at your child's current meal benefit level if they did not eat school breakfast today!				
<b>Mondays:</b>	<b>Tuesdays:</b>	<b>Wednesdays:</b>	<b>Thursdays:</b>	<b>Fridays:</b>
Animal Crackers String Cheese Fruit or Fruit Juice	Cinnamon Toast Crisps Graham Crackers Fruit or Fruit Juice	Frosted Mini Wheats Cereal Bowl Graham Crackers Fruit or Fruit Juice	Trix Cereal Bar Graham Crackers Fruit or Fruit Juice	<b>Balanced Choices Meal:</b> Quaker Oatmeal Raisin Breakfast Bar Graham Crackers Fruit or Fruit Juice