



# March 2020

# K-8 Hot Lunch

## Central City Cyberschool

**Nutrition tip:** Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Monday

WG Breaded Chicken Fillet with BBQ  
WG Cornbread  
Baked Beans  
Seasonal Fruit  
Choice of Milk

Tuesday

Italian Meatsauce  
Non-WG Pasta  
Whole Grain Breadstick  
Romaine Salad with Ranch  
Seasonal Fruit  
Choice of Milk

Wednesday

WG All-Natural Chicken  
Corn Dog with Ketchup  
Roasted Baby Baker Potatoes with Ketchup  
Seasonal Fruit  
Choice of Milk

Thursday

Harvest Chicken Salad on a Whole Grain Bun  
**Or Kid's Classic WG Chicken Nuggets with BBQ Sauce**  
WG Pretzel Goldfish  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk

Friday

**School Closed**  
**No Student Attendance**

**NATIONAL MEATBALL DAY**

**School Closed**

**No Student/Staff Attendance**

Philly Cheesesteak on a Whole Grain Bun with Mozzarella Cheese  
Baked Beans  
Seasonal Lunch Fruit  
Choice of Milk

**NATIONAL "EAT YOUR NOODLES" DAY**

Macaroni and Cheese  
Whole Grain Soft Pretzel Stick  
Steamed Green Beans  
Seasonal Lunch Fruit  
Choice of Milk

Homemade Beef Lasagna  
WG Dinner Roll with Margarine  
**Or Kid's Classic WG Breaded Chicken Patty Sandwich on a Whole Grain Bun with Mayo**  
Steamed Corn  
Seasonal Fruit  
Choice of Milk

WG Cheese Pizza Sticks with Marinara Dipping Sauce  
Crunchy Broccoli with Ranch  
Seasonal Fruit  
Choice of Milk

Chicken Fajita on Whole Grain Tortilla (1) with Taco Sauce  
WG Cheez-It Crackers  
Ranchero Beans  
Seasonal Fruit  
Choice of Milk

Build Your Own Sub  
Turkey Breast, Cheese, and Lettuce on a Whole Grain Roll with Mayo  
Baby Carrots with Ranch  
Seasonal Fruit  
Choice of Milk  
WG Rice Krispies Treat

**NATIONAL SLOPPY JOE DAY**

Homemade Sloppy Joe on a Whole Grain Bun  
Steamed Peas  
Seasonal Fruit  
Choice of Milk

Homemade Chili with Cheese  
Whole Grain Cornbread  
NEW! Non-WG Noodles  
**Or Kid's Classic WG Asian-Glazed Boneless Chicken Wings with Steamed Carrots and Assorted Graham Cracker**  
Seasonal Fruit  
Choice of Milk

**NATIONAL RAVIOLI DAY**  
Whole Grain Cheese Ravioli with Mozzarella Cheese  
Whole Grain Breadstick  
Assorted Graham Cracker  
Romaine Salad with Ranch Dressing  
Seasonal Fruit  
Choice of Milk

**Spring Recess**

**No Student/Staff Attendance**

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Brunch for Lunch  
Chicken and Waffles  
NEW! Boneless Chicken Wings with WG Waffles and Syrup  
Sunset Sip Vegetable Juice  
Seasonal Fruit  
Choice of Milk

BBQ Chicken Sandwich on a Whole Grain Bun  
Roasted Sweet Potatoes  
Seasonal Lunch Fruit  
Choice of Milk