



Breakfast...Prepared Fresh Daily

Fresh Baked Whole Grain Muffins, Bagel & Cream Cheese, Fresh Baked Whole Grain Scones, Croissants, Reduced Sugar Cereal Cup, Steel cut oatmeal w/ fresh fruit topping & a touch of brown sugar.

Fresh Fruit and Fat Free or 1% Low Fat Milk

Menu Symbols

(V)...All Entrees in green are vegetarian.

Blue entrees have pork in them (pepperoni has beef and pork).

WW - Whole Wheat

This Institution is an Equal Opportunity Provider

www.mvwsd.org

Lunch Menu

Breakfast	Lunch
Paid - \$2.50	Paid - \$3.50
Reduced - \$0.30	Reduced - \$0.40
Adults - \$3.00	Adults - \$4.50

For students with nut allergies, we do not serve peanut butter or nut-related products at any of our schools.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Free/Reduced-priced Meal Applications Online: There is a simple way for you to apply for free & reduced meals for your students. Approval is quick & private. Go to the web site: EZMEALAPP.com, for our online meal application. Paper applications area available in your school office.</p> <p>We highly encourage you to pre pay for your meals online. Go to the web site: EZSCHOOLPAY.com. Please make sure you have your student ID #.</p>			<p>1-Mar Chicken Chow Mein w/ Noodles & Veggies Fortune cookie Vegetable Chow Mein w/ Veggie Egg Roll (V)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>2-Mar Spaghetti and Meat sauce w/ BreadStick</p> <p>Grilled Cheese Sandwich *</p> <p>Tuna on Wheat Bun 1% or Fat Free Milk</p>
<p>National Eat Breakfast Week</p> <p>Waffles & Hashbrown w/ Turkey Sausage</p> <p>Stuffed Cheese Sticks w/ Marinara Sauce Cup (V)</p> <p>1% or Fat Free Milk</p>	<p>6-Mar Chicken Nachos w/ WG Tortilla Chips Fresh Salsa</p> <p>Cheese Quesadilla (V)</p> <p>Ham & Cheese Sandwich 1% or Fat Free Milk</p>	<p>7-Mar Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Ham & Cheese Sandwich 1% or Fat Free Milk</p>	<p>8-Mar Stuffed Baked Potatoes All the Fixin's (V) Breadstick</p> <p>Ham & Cheese Sandwich 1% or Fat Free Milk</p>	<p>9-Mar Italian Mac and Cheese w/ creamy White Sauce Breadstick (V)</p> <p>Tuna on Wheat Bun 1% or Fat Free Milk</p>
<p>12-Mar Breakfast for Lunch French Toast Sticks Turkey Sausage & Hashbrown</p> <p>Stuffed Cheese Sticks w/ Marinara Sauce Cup (V)</p> <p>1% or Fat Free Milk</p>	<p>13-Mar Chicken, Cheese and Rice Fresh Rolled Burrito</p> <p>Cheese Quesadilla (V)</p> <p>Sun Butter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>14-Mar Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Sun Butter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>15-Mar Teriyaki Chicken Bowl</p> <p>Veggie Bowl (V)</p> <p>Sun Butter and Jelly on Wheat 1% or Fat Free Milk</p>	<p>16-Mar Chicken Alfredo Pasta w/ Breadstick Shamrock Cookie Day</p> <p>Pasta Alfredo</p> <p>Sun Butter and Jelly on Wheat 1% or Fat Free Milk</p>
<p>19-Mar Staff Development Day No School</p>	<p>20-Mar House Made Beef & Bean Chili w/ WG Tortilla Chips</p> <p>Cheese Quesadilla (V)</p> <p>Turkey Hoagie 1% or Fat Free Milk</p>	<p>21-Mar Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey Hoagie 1% or Fat Free Milk</p>	<p>22-Mar Crispy Oven Fried Chicken Fresh Mashed Potatoes Peas and Carrots</p> <p>Grilled Cheese Sandwich</p> <p>Turkey Hoagie 1% or Fat Free Milk</p>	<p>23-Mar Spaghetti with Meatballs w/Breadstick</p> <p>Spaghetti and Marinara</p> <p>Tuna on Wheat Bun 1% or Fat Free Milk</p>
<p>26-Mar Breakfast for Lunch Whole Grain Pancakes Turkey Sausage & Hash Brown</p> <p>Stuffed Cheese Sticks w/Marinara Sauce Cup (V)</p> <p>1% or Fat Free Milk</p>	<p>27-Mar Bean & Cheese Nachos w/ WG Tortilla Chips Fresh Salsa</p> <p>Cheese Quesadilla (V)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>28-Mar Baked To Order Fresh Pizza Cheese (V) Hawaiian (Pork) Pepperoni (Beef & Pork)</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>29-Mar Sesame Chicken with Noodles and Veggies</p> <p>Grilled Cheese Sandwich</p> <p>Turkey & Cheese Sandwich 1% or Fat Free Milk</p>	<p>30-Mar Rigatoni Primavera (Big noodles with marinara) Breadstick</p> <p>Tuna on Wheat Bun 1% or Fat Free Milk</p>
<p>MONDAY FAVORITE Chicken Patty on Wheat Bun</p> 	<p>TUESDAY FAVORITE Charbroiled Burger</p> 	<p>WEDNESDAY FAVORITE Assorted Fresh Made Pizza</p> 	<p>THURSDAY FAVORITE 100% Hot Dog W Bun</p> 	<p>FRIDAY FAVORITE WG Chicken Nuggets</p> 

Favorites are served with the fresh side of the day, Vegetable/Fruit Bar, and milk choice.

A complete lunch includes an entree supplying protein, grain, vegetables, fruit and 1% or fat free milk. USDA requires that a student select 3 to 5 different components. A cold vegetable /fresh fruit bar is available daily, on which we feature a variety of veggies and fruits including locally grown when seasonally available. We offer deeply colored, nutrient-rich veggies including red/orange and dark green vegetables, as well as beans and other additional choices.

March Seasonal Fruits and Vegetables

California Kiwi, Minneola Tangelo, Grape Tomatoes, Mandarins



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.