

# MARCH LUNCH



## KIDS COMMUNITY COLLEGE CHARTER L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 2, 2020</b>	<b>March 3, 2020</b>	<b>March 4, 2020</b>	<b>March 5, 2020</b>	<b>March 6, 2020</b>
NO SCHOOL	*NATIONAL BREAKFAST WEEK* FRENCH TOAST STICKS W/SAUSAGE ^  Tropical Veggie Juice Applesauce Cup Syrup BBQ Sauce Choice of Milk	Tortilla Chips ^ MINI CORN DOGS ^ POTATO ROUNDS Diced Carrots Mixed Fruit Cup Mustard Ketchup Choice of Milk	HOT DOG Hot Dog Bun ^ Mixed Vegetables Sliced Apples Ketchup Mustard Choice of Milk	CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Crunchy Celery Sticks Romaine Salad Light Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
<b>March 9, 2020</b>	<b>March 10, 2020</b>	<b>March 11, 2020</b>	<b>March 12, 2020</b>	<b>March 13, 2020</b>
CRUNCHY CHICKEN TENDERS ^ Mashed Potatoes Sun Splash Veggie Juice Applesauce Cup BBQ Sauce Choice of Milk	Corn Muffin ^ MINI CORN DOGS ^ Country Blend Vegetables Diced Pears BBQ Sauce Mustard Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ Baby Carrots Light Ranch Dressing Broccoli Diced Peaches Mustard Ketchup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Baked Beans Fresh Orange Mustard Ketchup Choice of Milk	BBQ Sauce Snickerdoodle Cookie ^ Choice of Milk CRISPY CHICKEN PATTY ^ Hamburger Bun ^ California Blend Veggies Fresh Pear
<b>March 16, 2020</b>	<b>March 17, 2020</b>	<b>March 18, 2020</b>	<b>March 19, 2020</b>	<b>March 20, 2020</b>
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
<b>March 23, 2020</b>	<b>March 24, 2020</b>	<b>March 25, 2020</b>	<b>March 26, 2020</b>	<b>March 27, 2020</b>
CHICKEN STRIPS W/SWEET POTATO FRIES ^ Green Beans Orange Juice Ketchup BBQ Sauce Choice of Milk	MINI CORN DOGS ^ POTATO ROUNDS Mixed Vegetables Diced Peaches Mustard Ketchup Choice of Milk	CHEESEBURGER Hamburger Bun ^ French Fries Mixed Fruit Cup Mustard Ketchup Choice of Milk	HOT DOG Hot Dog Bun ^ Baked Beans Potato Wedges Fresh Apple Mustard Ketchup Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ Baby Carrots Broccoli Florets Light Ranch Dressing Fresh Pear BBQ Sauce Choice of Milk
<b>March 30, 2020</b>	<b>March 31, 2020</b>	<b>April 1, 2020</b>	<b>April 2, 2020</b>	<b>April 3, 2020</b>
CRUNCHY CHICKEN TENDERS ^ Potato Wedges Diced Pears Mustard Ketchup BBQ Sauce Choice of Milk	MINI CORN DOGS ^ POTATO ROUNDS Diced Carrots Mixed Fruit Cup Mustard Ketchup Choice of Milk			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Find your school's menus online at: [preferredmealsmenu.com](http://preferredmealsmenu.com)



## Nutritional Information: KIDS COMMUNITY COLLEGE CHARTER

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
2	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-03-2020	*NATIONAL BREAKFAST WEEK*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	FRENCH TOAST STICKS W/SAUSAGE ^	420	20	6	0	45	450	44	2	14	17	0	0	46	2	MMA:2.25oz G/B:2.25sv WG
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Tropical Veggie Juice	90	0	0	0	0	45	23	0	22	0	150	60	0	0	V:3/4c O
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-04-2020	*NEW ITEM*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	BBQ CHICKEN TATER TOT-CHOS	369	15	5	0	47	796	36	2	10	23	49	2	112	1	MMA:2oz V:1/4c RO V:1/2c S
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	MINI CORN DOGS ^ POTATO ROUNDS	331	17	4	0	40	566	40	3	11	13	0	66	100	2	MMA:2oz G/B:2sv WG V:1/4c S
	Diced Carrots	38	0	0	0	0	64	9	3	4	1	770	5	30	0	V:1/2c RO
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-05-2020	CHICKEN ALFREDO PASTA ^	350	18	8	0	56	545	31	2	6	17	97	0	247	1	MMA:2oz G/B:1sv WG
	HOT DOG	110	9	4	0	25	360	2	0	1	4	0	0	0	1	MMA:1.5oz
	Hot Dog Bun ^	110	2	0	0	0	230	19	2	3	5	0	0	80	1	G/B:1.5sv WG
	Mixed Vegetables	94	0	0	0	0	84	20	4	6	4	386	3	27	1	V:1/4c RO V:1/2c S





9																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
03-23-2020																
	SPAGHETTI & MEATBALLS ^	332	10	4	0	37	513	42	4	8	18	40	2	88	2	MMA:2oz G/B:1sv WG V:3/4c RO
	CHICKEN STRIPS W/SWEET POTATO FRIES ^	320	18	3	0	25	483	25	5	3	16	1679	1	11	2	MMA:2oz G/B:1sv WG V:3/8c RO
	Green Beans	30	0	0	0	0	2	6	2	2	1	21	10	33	1	V:1/2c O
	Orange Juice	60	0	0	0	0	20	14	0	13	0	0	30	0	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
03-24-2020																
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	321	18	4	0	48	823	22	1	0	21	103	0	55	0	MMA:2oz G/B:1sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	MINI CORN DOGS ^ POTATO ROUNDS	331	17	4	0	40	566	40	3	11	13	0	66	100	2	MMA:2oz G/B:2sv WG V:1/4c S
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c S V:1/4c RO
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
03-25-2020																
	TERIYAKI CHICKEN PATTY	130	4	1	0	35	550	8	1	6	15	30	1	20	1	MMA:2oz
	CHEESEBURGER	180	13	6	0	48	290	3	1	0	16	0	0	115	1	MMA:2oz
	Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG
	French Fries	155	6	1	0	0	45	24	0	0	2	0	10	0	0	V:3/4c S
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
03-26-2020																
	RIB-B-QUE	202	12	4	0	48	445	10	1	5	17	39	0	30	2	MMA:2oz
Hamburger Bun ^	140	2	0	0	0	270	26	2	3	6	0	0	40	1	G/B:2sv WG	



Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0

Meal Contributions : M/MA = Meat/Meat Alternate      F = Fruit      V = Vegetable      G/B = Grain/Bread      W/G = Whole Grain  
Vegetable Types : DG = Dark Green      R/O = Red/Orange      L = Legumes      S = Starchy      O = Other  
BeWell Types : BW-PLANT = Plant-Based      BW-GF = Good Fat      BW-LPP = Lean/Plant Protein      BW-LS = Less Sugar  
BW-HF = High Fiber Food      BW-PRO = Probiotics





	Hot Dog Bun ^	X						X	X	
	Mixed Vegetables									
	Sliced Apples									
	Ketchup									
	Mustard									
	Choice of Milk	X								
03-06-2020										
	CHEESE PIZZA	X								X
	CRISPY CHICKEN FILLET ^							X	X	
	Hamburger Bun ^	X						X	X	
	Crunchy Celery Sticks									
	Romaine Salad									
	Light Ranch Dressing	X	X					X		
	Fresh Banana									
	BBQ Sauce							X		
	Choice of Milk	X								
03-09-2020										
	MEATLOAF W/TOMATO SAUCE							X		
	Breadstick ^							X	X	
	CRUNCHY CHICKEN TENDERS ^							X	X	
	Mashed Potatoes	X						X		
	Sun Splash Veggie Juice									
	Applesauce Cup									
	BBQ Sauce							X		
Choice of Milk	X									
03-10-2020										
	CHICKEN DRUMSTICK									
	Corn Muffin ^									X
	MINI CORN DOGS ^	X	X					X	X	
	Country Blend Vegetables									
	Diced Pears									
BBQ Sauce							X			



6																			
	NO SCHOOL																		
7																			
	NO SCHOOL																		
8																			
	NO SCHOOL																		
9																			
	NO SCHOOL																		
0																			
	NO SCHOOL																		
03-23-2020																			
	SPAGHETTI & MEATBALLS ^	X	X												X	X			
	CHICKEN STRIPS W/SWEET POTATO FRIES ^														X	X			
	Green Beans																		
	Orange Juice																		
	Ketchup																		
	BBQ Sauce														X				
Choice of Milk	X																		
03-24-2020																			
	CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^	X													X	X			
	Breadstick ^														X	X			
	MINI CORN DOGS ^ POTATO ROUNDS	X	X												X	X			
	Mixed Vegetables																		
	Diced Peaches																		
	Mustard																		
Ketchup																			
Choice of Milk	X																		
03-25-2020																			
	TERIYAKI CHICKEN PATTY														X	X			
	CHEESEBURGER	X	X												X				
	Hamburger Bun ^	X													X	X			
French Fries														X					



	BBQ Sauce								X	
	Choice of Milk	X								
03-31-2020										
	SLOPPY JOE								X	
	Hamburger Bun ^	X							X	X
	MINI CORN DOGS ^ POTATO ROUNDS	X	X						X	X
	Diced Carrots									
	Mixed Fruit Cup									
	Mustard									
	Ketchup									
	Choice of Milk	X								