

Eagle Point Middle School

MARCH 2020

The USDA and this institution are equal opportunity providers and employers.



EVERYDAY CHOICES

Flame Broiled Lean Beef Patty

Chicken Patty: Original or Spicy

All sandwiches served on WW buns & include a trip through the Thrive Garden Bar.

Daily Side – Fresh Baked Potato Fries or Tots



A MINIMUM OF 5 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

SP **V**

Low Fat or Fat Free Milk included with all meals

Lunch Prices: Student: \$2.50 Adult: \$ 3.90	March's Fresh Pick is Leafy Greens!		Do you have food allergies? Please speak with your Kitchen managers to help plan your lunch!	= Vegetarian Items!
2 Zesty Pork Tacos Cilantro Rice & Zesty Beans	3 Loaded Bacon Cheese Fries w/ Rolls	4 Cheesy Breadsticks w/ Italian Marinara w/ Caesar Salad	5 Corn Dog w/Oven Baked Crinkle Cut Fries	6 Beefy Homemade Lasagna w/ Caesar Salad
9 Mini Cheese Ravioli w/ Parmesan Breadstick & Caesar Salad	10 Soup & Sandwich Combo: Grilled Cheese & Choice of Tomato Basil or Chicken Noodle Soup	11 Chicken & Waffles Warm Berry Compote	12 Thai Coconut Curry Turkey w/ Ginger White Rice	13 Pasta Macaroni Queso Blanco w/ Aztec Black Bean Salad w/corn
16 Korean BBQ Meatball Sandwich w/Jicama Cucumber Salad	17 Bean & Cheese Enchilada w/ Aztec Corn	18 Tater Temptations Loaded Baked Potato Bar w/ Assorted Toppings	19 No Service – Parent Teacher Conferences	20 No Service – Spring Break Starts!
23 Spring Break	24 Spring Break	25 Spring Break	26 Spring Break	27 Spring Break
30 Cheesy Breadsticks w/ Italian Marinara w/ Green Beans	31 Baja Fish Tacos w/ Tater Wedges & w/ Mexican Cole Slaw	1 Greek Meatball Rice Bowl	2 Chicken & Waffles w/ Warm Berry Compote	3 Chicken Pesto Pasta w/ Caesar Salad



EVERYDAY CHOICES

Every Monday, Wednesday, & Friday: Cheese and/or Pepperoni Pizza

Mondays: Sausage Pizza Wednesdays: Ham & Cheese Stromboli / Italian Stromboli

Fridays: Calzone This meal include a trip through the Thrive Garden Bar. **V**

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.



MONDAYS!

03/02: Teriyaki Beef

03/09: Sweet & Sour Chicken

03/16: Teriyaki Beef

Everyday Sides: Rice or Noodle & Fresh Veggie Stir Fry



EVERYDAY CHOICES

-Turkey & Cheese

-Ham & Cheese

-American Combo

V -Mega-Veggie

All sandwiches served on WW Sub Rolls and include a trip through the Thrive Garden Bar. Vegetarian options offered daily.



Tuesdays & Thursdays:

Nachos with choice of Beef, Chicken, Pork or Cheese

Fridays: Taco Salads with choice of Beef, Chicken, Pork or Cheese

Sides: Refried Beans, Spanish Rice, Lettuce, Tomato, Onion, Olive, Jalapeno, Salsa



SP

Smart Pick

V

Vegetarian

Mon: Turkey & Cheese Sub, Chicken Caesar Wrap, Chef Salad
Tues: Ham & Cheese Sub, Crispy Chicken Wrap, SPICY Chicken Salad
Wed: Italian Sub, SW Chicken Wrap, Chicken Caesar Salad
Thurs: American Sub, Taco Salad, Buffalo Chicken Wrap
Fri: Italian Wrap, PB&J Sandwich, Garden Salad



Fresh Pick this Month; Go Carrot Crazy For Health

Featured produce pick this month is Rainbow Carrots. The Carrot is the second most popular vegetable in the world after the potato. Most people think all carrots are orange, but they actually range in color from white, to yellow, to crimson! Carrots are available year-round and are grown primarily in California, Michigan, Texas, Canada and Mexico. When choosing a carrot, avoid the ones that are crackled, shriveled, soft or wilted, and choose one that has a deep orange color. More beta-carotene is present in carrots that have a darker orange color. Carrots are best stored in the refrigerator, but must be placed somewhere away from other fruits like apples or pears. Fruits produce ethylene gas as they ripen and will decrease the storage life of carrots, as well as other vegetables

Did You Know?

Bonding for good

Volunteering with and for others increases your social interaction and builds a support system based on common commitment and interests – both proven strategies for managing stress and lifting your moods. Enjoy a sense of purpose and fulfillment – and increase your self-confidence while you're at it!

**DeStress
Mondays**

Give your taste buds a treat as we explore: World Street Food Wednesdays!



In this World Street Foods event, we feature everyone's favorite veggie with a bit of flair!

Students can try the Main Street Turkey Carnitas with Mandarin Orange & Jicama Salad guaranteed tuber-tastic!



So Happy

So Happy... the new app that tells you what's on the menu today in your school's cafeteria. Check out the menu items—including calories, nutritional information and allergens. There's also a step counter and the option to offer feedback.

AVAILABLE AS A FREE DOWNLOAD ON THE APP STORE & GOOGLE PLAY.
Search "So Happy"

