

# White Mountain Middle

## 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

Low Fat or Fat Free Milk included with all meals

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Lunch Prices: Student: \$0.00 Adult: \$ 3.90	March's Fresh Pick is Leafy Greens!	TRADITIONS	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 Green Eggs & Ham w/Toast Happy B-day Dr. Seuss	6 Beefy Homemade Lasagna w/ Caesar Salad
9 Mini Cheese Ravioli w/ Parmesan Breadstick & Caesar Salad	10 Soup & Sandwich Combo: <b>Grilled Cheese &amp; Choice of Tomato Basil or Chicken Noodle Soup</b>	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 Bean & Cheese Enchilada w/ Aztec Corn	17 Korean BBQ Meatball Sandwich w/Jicama Cucumber Salad <b>St Patty's Day!</b>	18 <i>Tater Temptations</i> Loaded Baked Potato Bar w/ Assorted Toppings	19 No Service – Parent / Teacher Conferences	20 No Service – Spring Break Starts!
23 <i>Spring Break</i>	24 <i>Spring Break</i>	25 <i>Spring Break</i>	26 <i>Spring Break</i>	27 <i>Spring Break</i>
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



### 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.

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

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### FRIDAYS!

**03/06:** Teriyaki Chicken  
**03/13:** Sweet & Sour Chicken  
**03/20:** Parent/Teacher Conference  
**03/27:** Orange Chicken  
**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

A variety of entry-level employment opportunities are available with your friendly School Nutrition team.  
<http://sodexo.balancetrak.com/201929788>

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## 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 or managing stress and lifting your moods. Enjoy a sense of purpose and fulfillment – and increase your self-confidence while your 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 Baked Potato with a bit of flair! Students can add all the fixins, Cheddar Cheese sauce, Sour Cream, Bacon Crumbles, steamed Broccoli and green onions 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"

