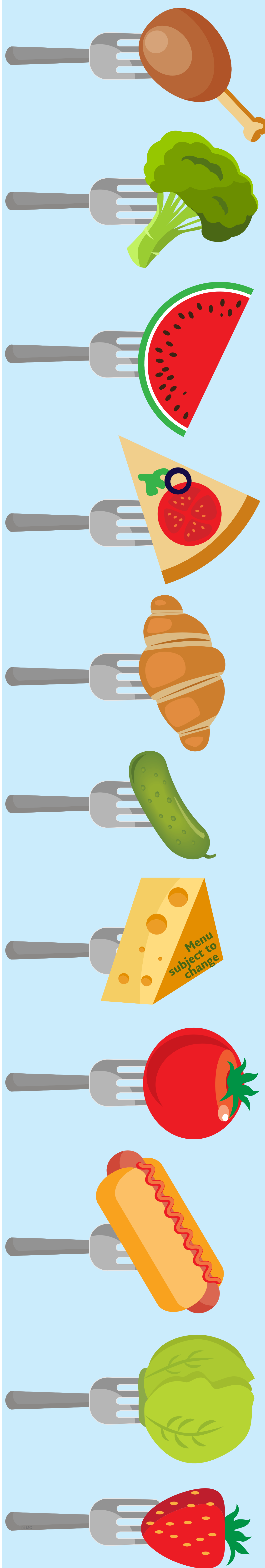


National Nutrition Month

MARCH



Monday **Tuesday** **Wednesday** **Thursday** **Friday**



Eating right doesn't have to be complicated or hard. All you have to do is simply start shifting to healthier food and beverage choices. Do it one forkful at a time and "Put Your Best Fork Forward!" Small changes over time can make a difference. Emphasize fruit, vegetables, whole grains and low fat or fat free milk. Include lean meats, poultry, fish, beans, eggs and nuts. Focus on a variety of foods from all the food groups. Before you know it, you will be eating healthy and loving it!

Please let us know what Alternate Lunch your Child would like when you place his/her order.

**Alternate Lunches Available:
Ham, Turkey, Cheese Hoagie or Sandwich,
Baked Chicken Nuggets, Large Chef Salad or
Assorted Cereals w/Milk & Yogurt**

Checks payable to Duke Catering

<p>6</p> <p>a) Hot Dog OR b) BLT Wrap Baked Fries Pineapple Chunks</p>	<p>7</p> <p>a) Chicken Tenders OR b) Hot Turkey Sandwich Celery Sticks with FF Dip Vanilla Pudding</p>	<p>8</p> <p>a) Pasta with Tomato Sauce OR b) Cheese Melt Side Salad Grapes</p>	<p>9</p> <p>a) Chicken Cheese Soft Taco OR b) Chicken Caesar Wrap Nachos with Salsa Churro</p>	<p>10</p> <p>Pizza Provided by PTA</p>
<p>13</p> <p>a) General Tso's Chicken OR b) Corn Dog Vegetable Fried Rice Orange Slices</p>	<p>14</p> <p>a) Meatball Sandwich OR b) Spicy Chicken Patty Sandwich Green Beans Oreo Cookie</p>	<p>15</p> <p>a) Chicken Nuggets OR b) Rib A Que Sandwich Carrots w/FF Dip Rice Pudding</p>	<p>16</p> <p>a) Mini Waffles OR b) Cheese Quesadilla Goldfish Fresh Fruit</p>	<p>17 </p> <p>No School</p>
<p>20</p> <p>a) Pulled Pork OR b) Chicken Patty Sandwich Side Salad Fresh Fruit</p>	<p>21</p> <p>a) Cheese Steak OR b) Mozzarella Sticks Cucumber Slices Applesauce</p>	<p>22</p> <p>a) Soft Taco Beef & Cheese OR b) Salad with Grilled Chicken Nachos with Salsa Peaches</p>	<p>23</p> <p>a) Hot Ham & Cheese Wrap OR b) Bacon, Egg, Cheese Bagel Fresh Baked Cookie Grapes</p>	<p>24</p> <p>Teacher In-Service</p> <p>No School</p>
<p>27</p> <p>a) Cheeseburger OR b) Hot Dog Carrot Sticks w/FF Dip Applesauce</p>	<p>28</p> <p>a) Mini Pancakes with Sausage OR b) Rib A Que Sandwich Mandarin Oranges</p>	<p>29</p> <p>a) Ravioli with Tomato Sauce OR b) Cheese Melt Salad Fresh Fruit</p>	<p>30</p> <p>a) Baked Potato with Bacon & Cheese OR b) Popcorn Chicken Nachos/Salsa Orange Slices</p>	<p>31</p> <p>Pizza Provided by PTA</p>

Duke Catering School Lunch Program