

# March 2018

## Las Flores Ed Center Lunch

### LUNCH



#### Daily Choices Include:

1% White Milk or Non Fat Milk  
Yogurt Meal



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

5

#### CHICKEN NUGGETS

Trocitos de Pollo  
Steamed Carrots  
Dinner Roll  
Celery Sticks, Fruit

6

#### CHEESE PIZZA

Pizza de queso  
Garden Salad  
Jicama Sticks  
Fruit

7

#### PORK CARNITAS TACOS

Taco Suave de Puerco  
Pinto Beans  
Fresh Salsa  
Fruit

8

12

#### BREADED BEEF PATTY

Filete de Res Empanizado  
Mashed Potatoes, Dinner Roll  
Celery Sticks  
Fruit

13

#### CHEESE PIZZA

Pizza de queso  
Three Bean Salad  
Jicama Sticks  
Fruit

14

#### GRILLED CHEESE SANDWICH

Sandwich de Queso  
Spinach Salad  
Baby Carrots, Fruit

15

19

#### CHICKEN SANDWICH

Sandwich de Pollo  
Sweet Potato Fries  
Celery Sticks  
Fruit

20

#### CHEESE PIZZA

Pizza de queso  
Garden Salad  
Jicama Sticks  
Fruit

21

#### HAM & CHEESE on CIABATA

Sandwich de Jamón con Queso  
Three Bean Salad  
Zucchini Sticks, Sun Chips  
Fruit

22

26

#### CHICKEN NUGGETS

Trocitos de Pollo  
Steamed Carrots  
Dinner Roll  
Celery Sticks, Fruit

27

#### CHEESE PIZZA

Pizza de queso  
Three Bean Salad  
Jicama Sticks  
Fruit

28

#### BEAN & CHEESE BURRITO

Burrito de frijoles con queso  
Garden Salad  
Fresh Salsa, Fruit

29

30

