Arkansas School for the Blind and Visually Impaired Lunch Menu for Grades K-8--March 2019

Students must take 1/2 cup of fruit or 1/2 cup of vegetable plus two other items. Menu items may change based on availability of stock. The USDA and the Arkansas School for the Blind are equal opportunity providers and employers.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2019				1 Fresh Fruit, Vegetable, Grain, and Entrée Bar Hot Dog or Leo's PBJ Flavorful Baked Beans Crispy Sweet Potato Fries White Grapes Milk/Punch
4 Fresh Fruit, Vegetable, Grain, and Entrée Bar Toasted Turkey or Ham Sandwich Crispy Red Bell Pepper Strips Assorted Relishes Orange Smiles Whole Grain Cookie Milk	5 Fresh Fruit, Vegetable, Grain, and Entrée Bar Spaghetti and Meat Sauce Fresh Romaine Lettuce and Tomato Salad Seasoned Green Beans Whole Grain Italian Breadstick Nature-Sweet Honeydew Melon Milk	6 Fresh Fruit, Vegetable, Grain, and Entrée Bar Grilled Fish or Pork Tenderloin Loaded Baked Potato Seasoned Carrots Whole Grain Roll Lime Sherbet Milk/Chilled Orange Tangerine Juice	7 Fresh Fruit, Vegetable, Grain, and Entrée Bar Baked or Fried Chicken Creamy Mashed Potatoes Tasty Blackeye Peas/Green Peas Whole Grain Cornbread/Rolls Chilled Pineapple Chunks Milk	8 Fresh Fruit, Vegetable, Grain, and Entrée Bar Crispitos or Leo's Chicken Salad Sack Lunch Spicy Spanish Rice Savory Refried Beans Fresh Diced Tomatoes/Shredded Lettuce Warming Cinnamon Apples Milk
11 Fresh Fruit, Vegetable, Grain, and Entrée Bar Grilled Fish or Chicken Cordon Bleu Glazed Carrots Tasty Broccoli Rice Casserole Whole Grain Breadstick Colorful Mandarin Oranges Milk	12 Fresh Fruit, Vegetable, Grain, and Entrée Bar Beef or Chicken Tacos or Leo's Cobb Salad Chili Beans Bright Orange Pepper Strips Warm Caramel Bananas Milk	13 Fresh Fruit, Vegetable, Grain, and Entrée Bar Chicken Parmesan Crisp Romaine Salad with Diced Tomatoes Tender Green Peas Cheesy Breadstick Juicy Grapes Milk	14 Fresh Fruit, Vegetable, Grain, and Entrée Bar Chicken Tenders Tasty Scalloped Potatoes Seasoned Green Beans Whole Grain Roll Chilled Cherry Applesauce Milk	15 BBQ on Bun Crispy Fries Creamy Coleslaw Fresh Mixed Berries Milk
Have a safe and Happy Spring Break! Classes will resume on March 5, 2019.				
25 Fresh Fruit, Vegetable, Grain, and Entrée Bar Savory Meatloaf or Leo's Southwest Salad Flavorful Steamed Broccoli Seasoned Steamed Carrots Exotic Rice Pilaf Tasty Apricots Milk/Chilled Apple Juice	26 Fresh Fruit, Vegetable, Grain, and Entrée Bar Grilled Fish or Leo's Roast Beef Sandwich Tasty Tator Tots Creamy Coleslaw Whole Grain Hushpuppy or Bread Slice Juicy Grapes Milk	27 Fresh Fruit, Vegetable, Grain, and Entrée Bar Roasted Turkey Breast Savory Potatoes au Gratin Seasoned Mixed Vegetables Chilled Cranberry Sauce Whole Grain Roll Banana Pudding Milk	28 Fresh Fruit, Vegetable, Grain, and Entrée Bar Homemade Beef or Vegetable Lasagna Seasoned Green Beans with Pimento Whole Grain Italian Breadstick Chilled Pineapple Chunks Milk	29 Fresh Fruit, Vegetable, Grain, and Entrée Bar Hamburger, Cheeseburger, or Turkey Burger on Bun Lettuce/Tomato/Pickles/Onions Whole Grain Chips Chilled Rosy Applesauce Milk