



## Lakeview Woods Menu March 2020 K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>Chicken Wraps</b> Peas Spinach Brown Rice Peaches Light Sour Cream  Milk 1% White   Fat Free Choc. Milk	<b>Thick Vegetable Soup</b> ½ Peanut Butter Sandwich Shady Grove Tossed Salad Dressing Pears Vanilla Ice Cream  Milk 1% White   Fat Free Choc. Milk	<b>Spaghetti and Meat Sauce</b> Navy Beans Pears  Milk 1% White   Fat Free Choc. Milk	<b>BBQ Chicken</b> Hamburger Bun w/Margarine Coleslaw Green Beans Apricots  Milk 1% White   Fat Free Choc. Milk	<b>Red Beans and Rice w/Hamburger</b> Cornbread Carrots Stewed Tomatoes Mixed Fruit Margarine  Milk 1% White   Fat Free Choc. Milk
9	10	11	12	13
<b>Macaroni, Cheese, Chicken w/Broccoli</b> Carrots Apricots Orange Juice  Milk 1% White   Fat Free Choc. Milk	<b>Beef Pizza</b> Gateway Tossed Salad Corn Applesauce Fat Free Dressing  Milk 1% White   Fat Free Choc. Milk	<b>Chicken Tamale Pie</b> Black Beans Brown Rice Spiced Apples  Milk 1% White   Fat Free Choc. Milk	<b>Chicken Salad Sandwich</b> Herbed Cauliflower Raw Tomatoes Pineapple  Milk 1% White   Fat Free Choc. Milk	<b>Tuna Noodle Casserole</b> Peas and Carrots w/Margarine Wholegrain Bread Fresh Orange Margarine  Milk 1% White   Fat Free Choc. Milk
16	17	18	19	20
<b>NO SCHOOL</b>   Milk 1% White   Fat Free Choc. Milk	<b>Tomato Soup</b> Toasted Cheese Sandwich Mixed Vegetables Banana  Milk 1% White   Fat Free Choc. Milk	<b>Ham and Beans</b> Wholegrain Bread Lettuce, Tomato and Cheese Salad Pears Margarine and Jelly Fat Free Dressing  Milk 1% White   Fat Free Choc. Milk	<b>Sweet and Sour Pork</b> Green Beans Brown Rice Mandarin Oranges  Milk 1% White   Fat Free Choc. Milk	<b>Hamburger on Bun</b> Copper Penny Carrots Lettuce/Tomato Pineapple Ketchup  Milk 1% White   Fat Free Choc. Milk
23	24	25	26	27
<b>Baked Potato Bar</b> Tomato, Cucumber and Onion Salad Wholegrain Bread Grapes Margarine and Jelly  Milk 1% White   Fat Free Choc. Milk	<b>Ground Beef Stroganoff</b> Carrots Rotini Pears  Milk 1% White   Fat Free Choc. Milk	<b>Turkey Hotdog on Bun</b> Baked Beans Coleslaw Ketchup Spiced Apples  Milk 1% White   Fat Free Choc. Milk	<b>Chicken Tomato Bake</b> Spinach Banana Vanilla Ice Cream  Milk 1% White   Fat Free Choc. Milk	<b>Meatloaf</b> Scalloped Potatoes Green Beans Cornbread Applesauce  Milk 1% White   Fat Free Choc. Milk
				

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. As stated above, all protected bases do not apply to all programs, "the first six protected bases of race, color, national origin, age, disability and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs."

## Lakeview Woods Menu March 2020 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Wraps Peas Spinach Brown Rice Mandarin Oranges and Banana Light Sour Cream  Milk 1% White Fat Free Choc. Milk	Thick Vegetable Soup ½ Peanut Butter Sandwich Shady Grove Tossed Salad Dressing Pears Fruit Cocktail Vanilla Ice Cream Milk 1% White Fat Free Choc. Milk	Spaghetti and Meat Sauce Navy Beans Pears Garlic Toast Mandarin Oranges  Milk 1% White Fat Free Choc. Milk	BBQ Chicken Hamburger Bun w/Margarine Coleslaw Green Beans Apricots Applesauce  Milk 1% White Fat Free Choc. Milk	Red Beans and Rice w/Hamburger Cornbread Carrots Stewed Tomatoes Mixed Fruit Margarine  Milk 1% White Fat Free Choc. Milk
9	10	11	12	13
Macaroni, Cheese, Chicken w/Broccoli Carrots Apricots Orange Juice Wholegrain Bread Margarine  Milk 1% White Fat Free Choc. Milk	Beef Pizza Gateway Tossed Salad Corn Applesauce Fat Free Dressing Banana  Milk 1% White Fat Free Choc. Milk	Chicken Tamale Pie Black Beans Brown Rice Spiced Apples  Milk 1% White Fat Free Choc. Milk	Chicken Salad Sandwich Herbed Cauliflower Raw Tomatoes Pineapple Vanilla Pudding Cup  Milk 1% White Fat Free Choc. Milk	Tuna Noodle Casserole Peas and Carrots w/Margarine Wholegrain Bread Fresh Orange Margarine  Milk 1% White Fat Free Choc. Milk
16	17	18	19	20
NO SCHOOL	Tomato Soup Toasted Cheese Sandwich Mixed Vegetables Banana Peaches  Milk 1% White Fat Free Choc. Milk	Ham and Beans Wholegrain Bread Lettuce, Tomato and Cheese Salad Pears Margarine and Jelly Fat Free Dressing Fruit Cocktail Milk 1% White Fat Free Choc. Milk	Sweet and Sour Pork Green Beans Brown Rice Mandarin Oranges  Milk 1% White Fat Free Choc. Milk	Cheeseburger on Bun Copper Penny Carrots Lettuce/Tomato Pineapple Ketchup  Milk 1% White Fat Free Choc. Milk
23	24	25	26	27
Baked Potato Bar Tomato, Cucumber and Onion Salad Wholegrain Bread Grapes Margarine and Jelly Fruit Cocktail  Milk 1% White Fat Free Choc. Milk	Ground Beef Stroganoff Carrots Rotini Pears  Milk 1% White Fat Free Choc. Milk	Turkey Hotdog on Bun Baked Beans Coleslaw Macaroni Pasta Salad Ketchup Spiced Apples  Milk 1% White Fat Free Choc. Milk	Chicken Tomato Bake Spinach Coleslaw Apricots Vanilla Ice Cream  Milk 1% White Fat Free Choc. Milk	Meatloaf Scalloped Potatoes Green Beans Cornbread Applesauce  Milk 1% White Fat Free Choc. Milk
				

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. As stated above, all protected bases do not apply to all programs, "the first six protected bases of race, color, national origin, age, disability and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs."