



# Fort Wayne Community Schools

## March 2018 Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey & Noodles Whipped Potatoes Baby Carrots Sweet Strawberries Chocolate Cake Milk	2 Ham Whole Grain Pancakes Hardboiled Egg Fresh Broccoli Baby Carrots Spiced Apples Milk
5 Chicken Nuggets Baked Potato Baby Carrots Tropical Fruit Butterscotch Cookie Milk	6 Teriyaki Beef Steamed Rice Midori Blend Vegetables Baby Carrots Green Apple Wedges Pumpkin Muffin Milk	7 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	8 Beef Hamburger Baked Beans Baby Carrots Sweet Blueberries Chewy Chocolate Cookie Milk	9 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Milk
12 Cheeseburger Steak Whole Wheat Roll Whipped Potatoes Baby Carrots Chilled Peaches Milk	13 Galaxy Cheese Pizza Steamed Broccoli Baby Carrots Chilled Apricots Banana Bread Milk	14 Cheesy Chili Tortilla Chips Chop Salad Baby Carrots Fresh Pear Half Chocolate Chip Cookie Milk	15 Zesty Orange Chicken Steamed Rice Cucumber Coins Baby Carrots Hummus Applesauce Milk	16 Crispy Fish Nuggets Corn Baby Carrots Strawberries Orange Cranberry Cookie Milk
19 Breaded Chicken Sandwich Peas Baby Carrots Fruit Cocktail Milk	20 Italian Dunker Sauce Garlic Bread Sugar Snap Peas Baby Carrots Sweet Blueberries Applesauce Muffin Milk	21 Chicken Drumsticks Whole Wheat Roll Baked Beans Baby Carrots Lemon & Berry Ice Milk	22 Beef & Bean Nachos Salsa Dipping Cup Baby Carrots Banana Milk	23 Macaroni & Cheese Steamed Broccoli Baby Carrots Red Apple Wedges Carrot Cake Milk
26 Chicken Tenders Green Beans Baby Carrots Strawberries Banana Split Cookie Milk	27 Grilled Cheese Sandwich Fresh Celery Baby Carrots Warm Cinnamon Apple Cranberries Oatmeal Cookie Milk	28 Italian Spaghetti Whole Wheat Roll Chop Salad Baby Carrots Chilled Peaches Milk	29 Mini Twin Cheeseburgers Hardboiled Egg Corn Baby Carrots Raisins Milk	<b>HOLIDAY</b>

### March is National Nutrition Month!

It is important to try to get something from each of the 5 food groups at every meal.

- **Grains:** Try whole grains like brown rice, whole wheat bread, oatmeal, whole wheat pasta, popcorn & whole grain cereal.
- **Fruits & Veggies:** make your plate look neat by choosing different colors, like broccoli & strawberries, carrots & kiwi, or spinach & an apple.
- **Protein:** chicken and beef aren't the only kinds of protein. Eggs, cheese, nuts & seeds, and fish count as protein too!
- **Dairy:** dairy is important for growing kids! Skim or 1% is great! Or try some other calcium containing foods like yogurt, cheese and pudding.



This menu is pork free.

Menus are subject to change without notice.

For more information, visit our website at:

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# Fort Wayne Community Schools

## March 2018 Private School Lunch Menu

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			1 Turkey & Noodles Whipped Potatoes Baby Carrots Sweet Strawberries Chocolate Cake Milk	2 Cheese Omelet Whole Grain Pancakes Hardboiled Egg Fresh Broccoli Baby Carrots Spiced Apples Milk
5 Chicken Nuggets Baked Potato Baby Carrots Tropical Fruit Butterscotch Cookie Milk	6 Teriyaki Beef Steamed Rice Midori Blend Vegetables Baby Carrots Green Apple Wedges Pumpkin Muffin Milk	7 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	8 Beef Hamburger Baked Beans Baby Carrots Sweet Blueberries Chewy Chocolate Cookie Milk	9 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Milk
12 Cheeseburger Steak Whole Wheat Roll Whipped Potatoes Baby Carrots Chilled Peaches Milk	13 Galaxy Cheese Pizza Steamed Broccoli Baby Carrots Chilled Apricots Banana Bread Milk	14 Cheesy Chili Tortilla Chips Chop Salad Baby Carrots Fresh Pear Half Chocolate Chip Cookie Milk	15 Zesty Orange Chicken Steamed Rice Cucumber Coins Baby Carrots Hummus Applesauce Milk	16 Crispy Fish Nuggets Corn Baby Carrots Strawberries Orange Cranberry Cookie Milk
19 Breaded Chicken Sandwich Peas Baby Carrots Fruit Cocktail Milk	20 Italian Dunker Sauce Garlic Bread Sugar Snap Peas Baby Carrots Sweet Blueberries Applesauce Muffin Milk	21 Chicken Drumsticks Whole Wheat Roll Baked Beans Baby Carrots Lemon & Berry Ice Milk	22 Beef & Bean Nachos Salsa Dipping Cup Baby Carrots Banana Milk	23 Macaroni & Cheese Steamed Broccoli Baby Carrots Red Apple Wedges Carrot Cake Milk
26 Chicken Tenders Green Beans Baby Carrots Strawberries Banana Split Cookie Milk	27 Grilled Cheese Sandwich Fresh Celery Baby Carrots Warm Cinnamon Apple Cranberries Oatmeal Cookie Milk	28 Italian Spaghetti Whole Wheat Roll Chop Salad Baby Carrots Chilled Peaches Milk	29 Mini Twin Cheeseburgers Hardboiled Egg Corn Baby Carrots Raisins Milk	<b>HOLIDAY</b>

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# Fort Wayne Community Schools

## March 2018 Large Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey & Noodles Whipped Potatoes Green Beans Baby Carrots Sweet Strawberries Chocolate Cake Milk	2 Ham Whole Grain Pancakes Crispy Potatoes Hardboiled Egg Fresh Broccoli Baby Carrots Spiced Apples Milk
5 Chicken Nuggets Baked Potato Mini Pretzels Baby Carrots Tropical Fruit Butterscotch Cookie Milk	6 Teriyaki Beef Steamed Rice Peas Midori Blend Vegetables Baby Carrots Green Apple Wedges Pumpkin Muffin Milk	7 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	8 Beef Hamburger Baked Beans Creamy Coleslaw Baby Carrots Sweet Blueberries Chewy Chocolate Cookies Milk	9 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Sweet Strawberries Milk
12 Cheeseburger Steak Whole Wheat Roll Whipped Potatoes Italian Vegetables Baby Carrots Chilled Peaches Milk	13 Galaxy Cheese Pizza Breadsticks Steamed Broccoli Baby Carrots Chilled Apricots Banana Bread Milk	14 Cheesy Chili Tortilla Chips String Cheese Chop Salad Baby Carrots Fresh Pear Half Chocolate Chip Cookie Milk	15 Zesty Orange Chicken Steamed Rice Midori Blend Vegetables Cucumber Coins Baby Carrots Hummus Applesauce Milk	16 Crispy Fish Nuggets Fiesta Taco Beans Corn Baby Carrots Strawberries Orange Cranberry Cookie Milk
19 Breaded Chicken Sandwich Peas California Veggies Baby Carrots Fruit Cocktail Milk	20 Italian Dunker Sauce Garlic Bread Cheddar Fish Crackers Sugar Snap Peas Baby Carrots Sweet Blueberries Applesauce Muffin Milk	21 Chicken Drumsticks Whole Wheat Roll Baked Beans String Cheese Baby Carrots Lemon & Berry Ice Milk	22 Beef & Bean Nachos Spanish Rice Salsa Dipping Cup Baby Carrots Banana Milk	23 Macaroni & Cheese Steamed Broccoli Carrot Coins Baby Carrots Red Apple Wedges Carrot Cake Milk
26 Chicken Tenders Breadsticks Green Beans Baby Carrots Strawberries Banana Split Cookie Milk	27 Grilled Cheese Sandwich Capri Vegetables Fresh Celery Baby Carrots Warm Cinnamon Apple Cranberries Oatmeal Cookie Milk	28 Italian Spaghetti Whole Wheat Roll Chop Salad Baby Carrots Chilled Peaches Mandarin Oranges Milk	29 Mini Twin Cheeseburgers Corn Baby Carrots Creamy Coleslaw Hardboiled Egg Raisins Milk	30  HOLIDAY

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Choose **MyPlate.gov**

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# Fort Wayne Community Schools

## March 2018 Private School Large Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey & Noodles Whipped Potatoes Green Beans Baby Carrots Sweet Strawberries Chocolate Cake Milk	2 Cheese Omelet Whole Grain Pancakes Crispy Potatoes Hardboiled Egg Fresh Broccoli Baby Carrots Spiced Apples Milk
5 Chicken Nuggets Baked Potato Mini Pretzels Baby Carrots Tropical Fruit Butterscotch Cookie Milk	6 Teriyaki Beef Steamed Rice Peas Midori Blend Vegetables Baby Carrots Green Apple Wedges Pumpkin Muffin Milk	7 Mexican Cheese Sauce Breadsticks Fresh Broccoli Baby Carrots Fresh Grapes Milk	8 Beef Hamburger Baked Beans Creamy Coleslaw Baby Carrots Sweet Blueberries Chewy Chocolate Cookies Milk	9 Cheese Lasagna Whole Wheat Roll Green Beans Baby Carrots Chilled Pears Sweet Strawberries Milk
12 Cheeseburger Steak Whole Wheat Roll Whipped Potatoes Italian Vegetables Baby Carrots Chilled Peaches Milk	13 Galaxy Cheese Pizza Breadsticks Steamed Broccoli Baby Carrots Chilled Apricots Banana Bread Milk	14 Cheesy Chili Tortilla Chips String Cheese Chop Salad Baby Carrots Fresh Pear Half Chocolate Chip Cookie Milk	15 Zesty Orange Chicken Steamed Rice Midori Blend Vegetables Cucumber Coins Baby Carrots Hummus Applesauce Milk	16 Crispy Fish Nuggets Fiesta Taco Beans Corn Baby Carrots Strawberries Orange Cranberry Cookie Milk
19 Breaded Chicken Sandwich Peas California Veggies Baby Carrots Fruit Cocktail Milk	20 Italian Dunker Sauce Garlic Bread Cheddar Fish Crackers Sugar Snap Peas Baby Carrots Sweet Blueberries Applesauce Muffin Milk	21 Chicken Drumsticks Whole Wheat Roll Baked Beans String Cheese Baby Carrots Lemon & Berry Ice Milk	22 Beef & Bean Nachos Spanish Rice Salsa Dipping Cup Baby Carrots Banana Milk	23 Macaroni & Cheese Steamed Broccoli Carrot Coins Baby Carrots Red Apple Wedges Carrot Cake Milk
26 Chicken Tenders Breadsticks Green Beans Baby Carrots Strawberries Banana Split Cookie Milk	27 Grilled Cheese Sandwich Capri Vegetables Fresh Celery Baby Carrots Warm Cinnamon Apple Cranberries Oatmeal Cookie Milk	28 Italian Spaghetti Whole Wheat Roll Chop Salad Baby Carrots Chilled Peaches Mandarin Oranges Milk	29 Mini Twin Cheeseburgers Corn Baby Carrots Creamy Coleslaw Hardboiled Egg Raisins Milk	30  HOLIDAY

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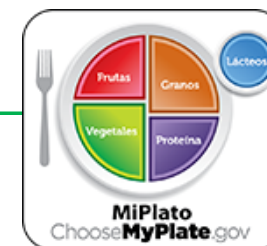
## Marzo 2018 Menú de Alumerzo

Lunes	Martes	Miercoles	Jueves	Viernes
			1 Pavo con Fideos Puré de Papas Zanahorias Fresas Torta de Chocolate Leche	2 Jamón Crepas Brócoli Fresco Zanahorias Huevo duro Manzanas en Especias Leche
5 "Nuggets" de Pollo Papa al Horno Zanahorias Fruta Tropical Galleta de "Butterscotch" Leche	6 Res Teriyaki Arroz al Vapor Mezcla de verduras Midori Zanahorias Manzana Verde Fresca Mollete de Calabaza Leche	7 Salsa de Queso Mejicana Palitos de Pan Brócoli Fresco Zanahorias Uvas Frescas Leche	8 Hamburguesa Frijoles al Horno Zanahorias Arándanos Galleta de Chocolate Masticable Leche	9 Lanana de Queso Pancito Integral Habichuelas Zanahorias Peras Enfriadas Leche
12 Hamburguesa de Bistec Con Queso Pancito Integral Puré de Papas Zanahorias Duraznos Enfriados Leche	13 Pizza de Queso "Galaxy" Brócoli al Vapor Zanahorias Albaricoques Enfriados Pan de Plátano Leche	14 Chile con Queso Chips de Tortilla Ensalada Zanahorias Pera Fresca Galleta con Pedacitos de Chocolate Leche	15 Pollo a la Naranja "Zesti" Arroz al Vapor Monedas de Pepino Zanahorias Pasta de Garbanzos Compota de Manzana Leche	16 Croquetas de Pescado Crujientes Maíz Zanahorias Fresas Galletas de Arandano Agrio y Naranja Leche
19 Sándwich de Pollo Apanado Arvejas Zanahorias Coctel de Frutas Leche	20 Salsa Italiana para Sopear Pan de Ajo Arvejas "Sugar Snap" Zanahorias Arándanos Mollete de Compota de Manzana Leche	21 Muslitos de Pollo Pancito Integral Frijoles al Horno Zanahorias Hielo de Limón y Bayas Leche	22 Nachos de Carne de Res y Frijoles Chips de Tortilla Queso "Cheddar" Rayado Salsa Zanahorias Plátano Leche	23 Macarrones Gratinados Brócoli al Vapor Zanahorias Manzana Roja Fresca Pastel de Zanahoria Leche
26 "Tenders" de Pollo Habichuelas Zanahorias Fresas Galleta con sabor a helado de banano Leche	27 Sándwich de Queso a la Parrilla Apio Fresco Zanahorias Manzanas Calientes con Aradanos y Canela Galleta de Avena Leche	28 Espagueti Italiano Pancito Integral Ensalada Zanahorias Duraznos Enfriados Leche	29 Mini Hamburguesas con Queso Maíz Zanahorias Huevo duro Uvas Pasas Leche	HOLIDAY

### ¡Marzo es el Mes Nacional de Nutrición!

Es importante que trate de comer algo de cada uno de los 5 grupos de comida en cada comida.

- **Granos:** Pruebe granos integrales como arroz integral, pan integral, avena, pasta integral, y palomitas de maíz y cereal integral.
- **Frutas y Vegetales:** haga que su plato se vea mejor escogiendo diferentes colores, como brócoli y fresas, zanahorias y kiwi, o espinaca y una manzana.
- **Proteína:** pollo y res no son los únicos tipos de proteína. ¡Huevos, queso, nueces y semillas, y pescado cuentan también como proteína!
- **Productos Lácteos:** ¡los productos lácteos son muy importantes para el crecimiento de los niños! Leche descremada o de 1% es maravilloso! O pruebe algunas otras comidas que contengan calcio como yogurt, queso y pudín.



Este menú no tiene carne de cerdo

Los Menús están sujetos a cambio sin aviso.

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# Fort Wayne Community Schools

## March 2018 Elementary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Blueberry Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	2 Sunrise Bites Sun Butter Kiwi Strawberry Juice Breakfast Fruit Milk
5 Fruit & Grain Bar Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	6 Cereal Bar Vanilla Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	7 Breakfast Bar Apple Juice Breakfast Fruit Milk	8 Chocolate Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	9 Rice Krispie Granola Bar Graham Crackers Kiwi Strawberry Juice Breakfast Fruit Milk
12 Oatmeal Bar Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	13 Cereal Bar Chocolate Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	14 Cinnamon Roll Apple Juice Breakfast Fruit Milk	15 Blueberry Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	16 Sunrise Bites Sun Butter Kiwi Strawberry Juice Breakfast Fruit Milk
19 Fruit & Grain Bar Animal Crackers Orange Tangerine Juice Breakfast Fruit Milk	20 Cereal Bar Vanilla Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	21 Breakfast Bar Apple Juice Breakfast Fruit Milk	22 Chocolate Otis Muffin Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	23 Rice Krispie Granola Bar Graham Crackers Kiwi Strawberry Juice Breakfast Fruit Milk
26 Chocolate Chip Oatmeal Bites Oats & Honey Goldfish Grahams Orange Tangerine Juice Breakfast Fruit Milk	27 Cereal Bar Chocolate Bear Grahams Mixed Berry Juice Breakfast Fruit Milk	28 Oatmeal Bar Cinnamon Goldfish Grahams Grape Juice Breakfast Fruit Milk	29 Sunrise Bites Sun Butter Kiwi Strawberry Juice Breakfast Fruit Milk	30  NO SCHOOL TODAY

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# Fort Wayne Community Schools

## Marzo 2018 Menú de Desayuno

Lunes	Martes	Miercoles	Jueves	Viernes
			1 Mollete de Arándano Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	2 Botanas de la Mañana Mantequilla Sun Jugo de Kiwi y fresa Fruta de Desayuno Leche
5 Barra de Fruta y Grano Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	6 Barra de Cereal Galletas Integrales Mezcla de Jugo de Baya Fruta de Desayuno Leche	7 Barra de Desayuno Jugo de Manzana Fruta de Desayuno Leche	8 Mollete de Chocolate Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	9 Barra de cereal "Rice Krispie" Galletas Integrales Jugo de Kiwi y fresa Fruta de Desayuno Leche
12 Barra de Avena Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	13 Barra de Cereal Osos en Galleta de Chocolate Mezcla de Jugo de Baya Fruta de Desayuno Leche	14 Pancito de Canela Jugo de Manzana Fruta de Desayuno Leche	15 Mollete de Arándano Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	16 Botanas de la Mañana Mantequilla Sun Jugo de Kiwi y fresa Fruta de Desayuno Leche
19 Barra de Fruta y Grano Galletas de Animales Jugo de Naranja Mandarina Fruta de Desayuno Leche	20 Barra de Cereal Galletas Integrales Mezcla de Jugo de Baya Fruta de Desayuno Leche	21 Barra de Desayuno Jugo de Manzana Fruta de Desayuno Leche	22 Mollete de Chocolate Otis Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	23 Barra de cereal "Rice Krispie" Galletas Integrales Jugo de Kiwi y fresa Fruta de Desayuno Leche
26 Bocaditos de Avena Con Choco-chips Pescaditos en Galleta de Avena y Miel Jugo de Naranja Mandarina Fruta de Desayuno Leche	27 Barra de Cereal Osos en Galleta de Chocolate Mezcla de Jugo de Baya Fruta de Desayuno Leche	28 Barra de Avena Pececitos Integrales de Canela Jugo de Uvas Fruta de Desayuno Leche	29 Botanas de la Mañana Mantequilla Sun Jugo de Kiwi y fresa Fruta de Desayuno Leche	30          <b>NO SCHOOL TODAY</b>

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