



## Lunch Menu March 2023

Serving Sizes are as follows:

K - 5<sup>th</sup> Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6<sup>th</sup> – 8<sup>th</sup> Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

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Daily Alternate Meal Options Include: Turkey & Cheese Sandwich, Chicken Tenders, Garden Salad w/ Cheese

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 27</b> <b>Mac &amp; Cheese w/ WG Pasta</b> Green Beans Fruit Milk	<b>February 28</b> <b>Swedish Meatballs</b> Brown Rice Peas Fruit Milk <b>Veggie Meatballs</b>	<b>March 1</b> <b>BBQ Chicken &amp; Cheese Wrap on WG Flour Tortilla</b> Carrot Sticks Fruit Milk <b>Goldfish</b> <b>Tofu BBQ</b>	<b>March 2</b> <b>Turkey &amp; Cheese Sandwich</b> WG Sandwich Roll Fresh Broccoli w/ Ranch Fruit Milk Cheez-its <b>Cheese Sandwich</b>	<b>March 3</b>
<b>March 6</b> <b>Balsamic Grilled Chicken</b> Brown Rice Green Beans Fruit Milk <b>Balsamic Tofu</b>	<b>March 7</b> <b>Scrambled Eggs with Cheese</b> WG Biscuit Breakfast Potatoes Fruit Milk	<b>March 8</b> <b>Grilled Chicken</b> Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll Italian Dressing Fruit Milk Potato Chips <b>Edamame</b>	<b>March 9</b> <b>BBQ Meatballs Hoagie w/ Cheese</b> WG Hoagie Roll Peas Fruit Milk <b>Veggie Meatballs</b> <b>"National Meatball Day"</b>	<b>March 10</b>
<b>March 13</b> <b>Grilled Chicken Parmesan w/ Marinara Sauce and Mozzarella Cheese over WG Pasta</b> Fruit Green Beans Milk <b>Tofu Parmesan</b>	<b>March 14</b> <b>Chicken Nuggets</b> Potato Wedges Fruit Milk <b>Veggie Nuggets</b>	<b>March 15</b> <b>Chicken Gyro on WG Pita Bread</b> Shredded Lettuce and Diced Tomatoes Tzatziki Sauce Fruit Milk Goldfish <b>Cheese Sandwich</b>	<b>March 16</b> <b>SW Chicken and Cheddar Wrap w/Salsa Ranch Dressing</b> Carrot Sticks w/ Ranch Fruit Milk Cheez-its <b>Edamame Wrap</b>	<b>March 17</b>
<b>March 20</b> <b>Cheese Tortellini in Meat Sauce</b> Mixed Vegetables Fruit Milk <b>Cheese Tortellini w/ Marinara Sauce</b>	<b>March 21</b> <b>Taco Beef w. Cheddar Cheese</b> Tortilla Chips Corn Sour Cream Fruit Milk <b>Bean Burrito</b> <b>"National Crunchy Taco Day"</b>	<b>March 22</b> <b>Chicken Fingers</b> Mashed Potatoes Fruit Milk <b>Veggie Nuggets</b>	<b>March 23</b> <b>Pizza Sticks</b> Cooked Carrots Fruit Milk	<b>March 24</b>
<b>March 27</b> <b>Hamburger w. Cheddar Cheese</b> WG Sandwich Roll Tator Tots Ketchup Fruit Milk <b>Veggie Patty w. Cheddar Cheese</b>	<b>March 28</b> <b>Turkey Sausage</b> WG French Toast Breakfast Potatoes Fruit Milk <b>Veggie Sausage</b>	<b>March 29</b> <b>Turkey Ham &amp; Cheddar Cheese on WW Bread</b> Carrot Sticks w/ Ranch Mayo Fruit Milk Potato Chips <b>Cheese Sandwich</b>	<b>March 30</b> <b>WG Chicken Patty</b> WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk <b>Veggie Burger</b>	<b>March 31</b>

### Online Ordering Instructions

1. Go to <https://kremmers.boonli.com>
2. Click Create new account and enter the password BL26
3. Enter account information and select order for someone else.
4. Then they will select their school St. Michaels Elementary or Middle School.
5. If there is more than one child in the family, they can enter each child in the same account. Just make sure to select the appropriate room for each child, so their meals go to the correct location.
6. Once registered they will have access to the menu and can place their child's lunch orders