

EDINA SCHOOLS MARCH ELEMENTARY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Choose One: 1
Bean and Cheese Burrito V,
Chicken Patty, Chicken
Caesar Salad, Turkey Sub
May Choose One to Three:
Mix Veggies, Fruit Cocktail,
Tossed Salad, Fresh Fruit &
Veggies, Fruit Juice,
Bread Basket
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 2
Fresh Baked Pizza 4 Cheese V,
Pepperoni Pizza*, Hamburger,
Chicken Caesar Salad,
Turkey Sub
May Choose One to Three:
Caesar Salad, Mandarin
Oranges, Fresh Fruit &
Veggies, Fruit Juice, Bread
May Choose One: Skim,
1% or Choc. Milk

Choose One: 3
Beef Hot Dog on Wheat bun.
Chicken Patty, Chicken
Caesar Salad, Turkey Sub
May Choose One to Three:
Baked Beans, Pears, Caesar
Salad, Fresh Fruit & Veggies,
Fruit Juice, Bread Basket
May Choose One: Skim,
1% or Choc. Skim Milk

No School 4

No School 5

Choose One: 8
Grilled Cheese Sandwich,
Chicken Patty, Chef Salad,
Turkey Ham Wrap
May Choose One to Three:
Carrots, Rosy Apple sauce,
Fresh Salad Greens Fresh
Fruit & Veggies, Fruit Juice,
Bread
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 9
Fresh Bake Cheese V,
Pepperoni Pizza*, Hamburger
Chef Salad, Turkey Ham Sub
May Choose One to Three:
Caesar Salad, Cocktail Fruit,
Fresh Fruit & Veggies, Fruit
Juice, Bread
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 10
Sloppy Joes, Chicken Patty,
Chef Salad,
Turkey Ham Sub
May Choose One to Three:
Tator Tots, Juicy Jello,
Tossed Salad, Fresh Fruit &
Veggies, Fruit Juice, Bread
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 11
Chicken Nuggets, Cheese
burger, Chef Salad
Turkey Ham Sub
May Choose One to Three:
Green Beans, Peaches,
Caesar Salad, Fresh Fruit
& Veggies, Fruit Juice, Bread
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 12
Macaroni & Cheese,
Chicken Patty, Chef Salad,
Turkey Ham Sub
May Choose One to Three:
Broccoli, Strawberries, Fresh
Salad, Fresh Fruit & Veggies,
Fruit Juice, Bread
May Choose One: Skim,
1% or Choc. Skim Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:652 Vitamin A:8372 IU Total Fat17.5G
% OF TARGET Calories: 101% Vitamin A: 794% Total Fat 24.1%

Choose One: 15
Cheese Quesadilla V,
Chicken Patty, Popeye Sal,
Sunbutter & Jelly Sandwich
May Choose One to Three:
Spanish Rice, Applesauce
Tossed Salad, Fresh Fruit, &
Veggies, Fruit Juice, Bread
Basket
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 16
Fresh Baked Cheese V or
Pepperoni Pizza*,
Hamburger, Popeye Salad,
Sunbutter & Jelly Sandwich
May Choose One to Three:
Caesar Salad, Mandarin
Oranges, Fresh Fruit &
Veggies, Fruit Juice, Bread
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 17
Beefy Nachos, Chicken Patty,
Popeye Spinach Salad,
Sunbutter & Jelly Sandwich
May Choose One to Three:
Lettuce & Tomato, Mix
Vegetables, Peaches, Fresh
Fruit & Veggies, Fruit Juice,
Bread
May Choose One: Skim,
1% or Choc. Milk

Choose One: 18
Lasagna Roll Up V, Cheese
Burger, Popeye Salad,
Sunbutter & Jelly Sandwich
May Choose One to Three:
Corn, Fruit Cocktail, Caesar
Salad, Fresh Fruit & Veggies,
Fruit Juice, Bread Basket
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 19
Vegetarian Chili , Chicken
Patty, Popeye Salad
Sunbutter & Jelly Sandwich
May Choose One to Three:
Carrots, Pineapple, Tossed
Salad, Fresh Fruit & Veggies,
Fruit Juice, Corn Muffin
May Choose One: Skim,
1% or Choc. Skim Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:648 Vitamin A:7990 IU Total Fat16.5G
% OF TARGET Calories: 100% Vitamin A: 757% Total Fat 22.9% Cal

Choose One: 22
Chunky Turkey & Gravy,
Chicken Patty, Chicken
Caesar Salad, Turkey &
Cheese Wrap
May Choose One to Three:
Mashed Pot, Peaches, Tossed
Salad, Fresh Fruit & Veggies,
Fruit Juice, Bread
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 23
Fresh Baked Cheese V or
Pepperoni Pizza, Hamburger,
Chicken Caesar Salad,
Turkey & Cheese Wrap
May Choose One to Three:
Caesar Salad, Mandarin
Oranges, Fresh Fruit &
Veggies, Fruit Juice, Bread
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 24
Soft Shell Taco, Chicken
Patty, Chicken Caesar Salad,
Turkey & Cheese Wrap
May Choose One to Three:
Green Beans, Canned Pears,
Tossed Salad, Fresh Fruit &
Veggies, Fruit Juice,
Bread Basket
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 25
French Toast Sticks & Turkey
Sausage, Cheeseburger,
Chicken Caesar Salad,
Turkey & Cheese Wrap
May Choose One to Three:
Carrots, Pineapple, Caesar
Salad, Fresh Fruit & Veggies,
Fruit Juice, Bread Basket
May Choose One: Skim,
1% or Choc. Skim Milk

Choose One: 26
Cheese Ravioli,
Chicken Patty, Chicken
Caesar Salad, Turkey &
Cheese Wrap
May Choose One to Three:
Broccoli, Applesauce, Tossed
Salad, Fresh Fruit & Veggies,
Fruit Juice, Bread Basket
May Choose One: Skim,
1% or Choc. Skim Milk

NUTRIENT ANALYSIS- AVERAGE: Calories:649 Vitamin A:7329 IU Total Fat17.1 G
% OF TARGET Calories: 101% Vitamin A: 695% Total Fat 23.7

Edina's lunch menus meet or exceed the 2009 Dietary Guidelines which emphasize eating a variety of foods from every group in balance and in moderation

Additional Nutritional Information is on the Edina School web site under Food & Nutrition.

- Lactose reduced milk available upon request.
- If a student declines milk, a minimum of 2 side dishes must be taken.

Note:
The Kids Way Café offers daily assortment of Seasonal Fresh Fruit & Vegetables. The Bread Basket contains an assortment of Whole Grain & Whole Wheat Breads .Our Subs are made with Jenny-O Turkey & Turkey Ham.

Main Event Combo Meal - \$2.25
Reduced Meal - \$4.00
Milk - \$.50
V indicates Vegetarian Items
* Indicates Pork Items