

# North Lakes

# MENU

# March

## →→→→→ LUNCH

LUNCH PRICES: Student - \$3.25, Red  
Extra Entrée & Side - \$1.00, Adult

**SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONT)**

Fresh Green **Salad** (1 per meal) - Leafy Lettuce Blend, Caesar, Spinach Mix, **OR** Oriental (1/2 cup = 15 calories, 3 g carb  
Low Fat Dressing/Dip (2 T = 45 cal, 5 g fat)

Fresh **Veggies** (1-2 per meal) - Carrots, Celery, Broccoli, Cauliflower, Cucumber, **OR** Tomatoes (1/4 c = 15 cal, 3 g

Fresh **Fruit** (1-2 per meal) - Apple, Orange, Banana, Cantalope, Grapes, **OR** Watermelon (1/2 c = 60 cal, 15

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>
Meatball Hoagie Potato Wedges Salad, Veggies, Fruit, Milk	Cheesy Breadsticks w/Marinara Sauce Salad, Veggies, Fruit, Milk	Chicken Fajita Wrap Latin Rice Pilaf Salad, Veggies, Fruit, Milk	Beef Lasagna French Bread Salad, Veggies, Fruit, Milk
<b>8th</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>

**SPRING BREAK --- NO SCHOOL**

<b>15th</b>	<b>16th</b>	<b>17th</b>	<b>18th</b>
Spaghetti w/Meatsauce French Bread Salad, Veggies, Fruit, Milk	White Chicken Chili Corn Muffin Salad, Veggies, Fruit, Milk	Beef & Cheese Burrito Mexican Rice Salad, Veggies, Fruit, Milk	Grilled Cheese Sandwich Tomato Soup Salad, Veggies, Fruit, Milk
<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b>
Beef Gyro on Pita Bread Rice Pilaf Salad, Veggies, Fruit, Milk	BBQ Chicken Sub Potato Wedges Salad, Veggies, Fruit, Milk	Macaroni & Cheese Garlic Breadstick Salad, Veggies, Fruit, Milk	Soft Shell Beef Taco Refried Beans Salad, Veggies, Fruit, Milk
<b>29th</b>	<b>30th</b>	<b>31st</b>	
Beef & Cheese Nachos Fruit Churro Salad, Veggies, Fruit, Milk	Turkey & Cheese Melt Baked Beans Salad, Veggies, Fruit, Milk	Italian Pasta & Meatballs French Bread Salad, Veggies, Fruit, Milk	

**Done Right**  
School & Event Catering

### QUESTIONS?

CONTACT THE SCHOOL OFFICE @ 651-982-2773 or  
DONE RIGHT FOOD @ 651-702-5998 or  
[www.donerightfood.com](http://www.donerightfood.com)

ALL MENUS SUBJECT TO INFREQUENT CHANGE BASED ON AVAILABILITY OF ITEMS

Note: Menus may use ingredients that contain peanut, other nut/seed, milk, egg, soybean, and other pro

## NEW!!! BREAKFAST

PRICES: Student - \$1.75, Reduced - \$0.

**SERVED DAILY AT EVERY MEAL (PLANNED PORTION SIZE & APPROXIMATE NUTRIENT CONT)**

**Fruit** Juice - Apple, Orange, or Grape (1/2 c = 60 cal, 15 g carb)

Variety of **Milk**, including **Skim** (1/2 pint = 90 cal, 12 g carb, 8 g pro, >1 g fat)

Mondays	Tuesdays	Wednesdays	Thursdays
Breakfast Cereal Low-Fat Yogurt Fruit, Milk	Assorted Muffins String Cheese Fruit, Milk	New York Bagel Cream Cheese & PB Fruit, Milk	Mini Breakfast Loaves Cheese Stick Fruit, Milk

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· - \$3.50

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ohydrate, 1 g protein)

carb, 1 g pro)

g carb)

## FRIDAY

**5th**

Veggie Pita Melt

Garlic Breadstick

Salad, Veggies, Fruit, Milk

**12th**

**19th**

Three Cheese Alfredo

w/Egg Noodles

Salad, Veggies, Fruit, Milk

**26th**

Multi-cheese Pita Melt

Soft Breadstick

Salad, Veggies, Fruit, Milk



ducts.

, Adult - \$2.00

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**Fridays**

Southern Biscuit & Jelly

Hard-boiled Egg

Fruit, Milk