

## White Rock North School - "Blue Plate Special" Winter-Spring Lunch Menu

(D)=Dairy (N)=Contains Nut

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Blueberry Bagels w/ Cream Cheese (D)	Baked Apples	Strawberry Yogurt Parfait (D)	Overnight Oats with Chopped Apples (N)	Homemade Banana Oat Waffle
<b>Lunch</b>	Spaghetti w/ Meat Sauce w/ Finely Diced Veggies  Side: Rosemary Toast  Dessert: Jello w/ Mandarin Oranges	Creamy Chicken Tortilla Soup Topped w/ Tortilla Strips and Sour cream and Avocado (D)  Dessert: Fresh Banana Pudding (D)	Frito Pie Salad w/ Homemade Ranch Dressing (D)  Dessert: Soft serve Ice cream w/ Berries (D)	Penne Pasta w/ Chicken and Baked Broccoli Garlic Knots (D)  Dessert: Homemade Mixed Berry Cobbler	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH
<b>PM Snack</b>	Ham & Cream cheese Tortilla Pinwheels (D)	Sliced Oranges	Fresh Banana	Sliced Cheddar Cheese w/ Cut Grapes (D)	Frozen Greek Yogurt Bars w/ Mixed Berries (D)
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b>	Homemade Pig in a Blanket (D)	Blueberry Muffins (D)	Biscuits with Homemade Jelly (D)	Croissants w/ Ham & Provolone Cheese (D)	Cheese and Egg Burritos (D)
<b>Lunch</b>	Chicken Street Tacos & Cilantro Lime Rice  Side: Fiesta Salad w/ Black Beans (D)  Dessert: Seasonal fruit	Beef Sliders w/ Sweet Potato Tots  Side: Mixed Veggies  Dessert: Choc. Cake	Homemade Pepperoni & Spinach Pizza (D)  Side: Fresh salad w/ Homemade Ranch Dressing  Dessert: Jello w/ fruit	Chicken & Dumpling  Side: Green Beans &/ Cornbread  Dessert: Brownie Bites	<b>KITCHEN CLOSED</b>  BRING A PERSONAL LUNCH
<b>PM Snack</b>	Almond Milk Mango Smoothie (N)	Carrot & Celery w/ Homemade Ranch Dressing (D)	Saltine Crackers w/ cut Strawberries/ side of Peanut Butter (N)	Fresh Baked Oatmeal Raisin Cookies	Homemade Green Juice Popsicles

Milk and/or water are served with all meals. Garden Ingredients are used when available. Sack Lunches should include Fruit & a Drink.

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### What to know about our Meals & Snacks...

Planning a balanced menu with an emphasis on protein is our guiding light for the items we select for our Blue Plate Special and daily snacks. We use stealthy healthy strategies to incorporate nutrient-dense foods into our menu items. For instance, our applesauce breakfast cake is made with unsweetened applesauce, oatmeal, milk, real butter, and eggs from our very own hens. Our muffins are made in-house from scratch with real berries and other fruit. The spaghetti we serve is made with a blend of ground beef and ground chicken or turkey, multigrain pasta, and our sauces are flash frozen or made fresh with ground vegetables that we sneak into the sauce. Fresh-made Ranch salad dressing is a must because the fresh ingredients make a BIG taste difference! Our pizzas are so good and are definitely kid-approved because we use fresh dough and toppings. Don't overlook our house-made soups because these are made with fresh ingredients!

We're constantly working to expand the taste pallets of our students, and we encourage their willingness to try new foods with their friends. Try this at home, too, when you sit down for meals. Feed your emerging eaters what you're eating whenever possible! This will help your child become a well-rounded eater who makes healthy food choices.

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