

DALLAS COUNTY SCHOOL MENUS - SCHOOL YEAR 2019-2020

March Lunch  
K-8



Requirements for each menu: 2 oz meat, 2 oz whole wheat bread at least 3 times a week, 1/2 cup fruit daily, 1 cup veggies daily, 8 oz milk.

MONDAY-	2	TUESDAY	3	WEDNESDAY	4	THURSDAY	5	FRIDAY	6
Taco Salad-Chips/Shells Tomatoes Romaine Lettuce Salsa Fruit Milk		Salisbury Steak Brown Rice Mashed Potatoes Carrots, Cooked Roll Fruit/Milk		Pork Chop Brown Rice Lima Bean Tossed Salad Roll Fruit/Milk		Chicken Nuggets French Fries Italian Vegetables Roll Fruit Milk		Ham & Cheese Hogie Romaine Lettuce Tomatoe, Dill Pickle Baked Beans Fruit/Chips Milk	
MONDAY-	9	TUESDAY	10	WEDNESDAY	11	THURSDAY	12	FRIDAY	13
WW Chicken Quesadillas Spanish Rice Corn Pinto Beans/ Salsa Fruit/Milk		Sloppy Joe/WW Bun French Fries Broccoli W/Cheese Cookie Fruit/Milk		Baked Chicken Tenders Macaroni Cheese Sweet potato pattie Green Beans Roll/ Cookie/ Fruit /Milk		Chicken Patty/WW Bun French Fries Green Peas Cookie Fruit/Milk		Turkey & Cheese on Bun Baked Beans Baby Carrots, raw Chips/Cookie Fruit/Milk	
MONDAY-	16	TUESDAY	17	WEDNESDAY	18	THURSDAY	19	FRIDAY	20
Hot Dogs w/Sauerkraut Tossed Salad French Fries Fruit Milk		Spaghetti Green Beans Tossed Salad Roll Cookie Fruit/Milk		Baked Chicken Collard Green Sweet Potato Patty Cornbread Cookie Fruit/Milk		Smoked Sausage Macarroni and Cheese Green Peas Black-eyed Peas Fruit Milk		Pizza French Fries Tossed Salad Fruit Milk	
MONDAY-	23	TUESDAY	24	WEDNESDAY	25	THURSDAY	26	FRIDAY	27
									
MONDAY-	30	TUESDAY	31	WEDNESDAY	THURSDAY	FRIDAY			
Fajita Stir Fry w/Vegetables Brown Rice Baby Carrots, raw WW Roll Fruit		Cheese Burgers w/ Bun Lettuce/Tomato/Pickles Onion Rings Corn Nuggets California Vegetables							

Milk

Fruit/Cookie /Milk



