

March 2025



# MOUNT UNION MARCH 2025 ELEMENTARY LUNCH MENU

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.

**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**  
**Starchy** - white potatoes, corn, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**  
**Fresh Entree Salad of the Week**

**Craveable of the Week, which could include:**  
**Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and Super Fruit.**

**Nutritious Friends**  
Look for our Nutritious Friend of the Month on the menu!!  
This Month.....

Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
<p><b>3</b> Mac &amp; Cheese with a Garlicstick or Hot Ham &amp; Cheese <b>Croissant</b> <b>Featured Veggies:</b> Steamed Broccoli Cucumbers Choice of Fruit Choice of Milk</p>	<p><b>4</b> Turkey Club or Pizza Burger <b>Featured Veggies:</b> Seasoned Rice Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>5</b> Chicken Alfredo with Breadstick or Corn Dog <b>Featured Veggies:</b> Steamed Peas Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>6</b> Cheese Steak On a Roll or Turkey &amp; Cheese on a roll <b>Featured Veggies:</b> Tater Tots Chic Pea Salad Choice of Fruit Choice of Milk</p>	<p><b>7</b> Pepperoni Pizza or Fish Nuggets w/ Roll <b>Featured Veggies:</b> Baked Zucchini Steamed Carrots Choice of Fruit Choice of Milk</p>
<p><b>10</b> Pizza Casserole with a Garlicstick or Corn Dog <b>Featured Veggies:</b> Romaine Salad Tomato Wedges Choice of Fruit Choice of Milk</p>	<p><b>11</b> Ham &amp; Cheese Sandwich on a Pretzel Roll or Pulled Pork on a roll <b>Featured Veggies:</b> Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>12</b> Chicken Mash Potato Bowl with a Dinner Roll or Sloppy Joe on a roll <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>13</b> Stromboli or Cheeseburger on a roll <b>Featured Veggies:</b> Steamed Broccoli Chic Pea Salad Choice of Fruit Choice of Milk</p>	<p><b>14</b> No School  <b>Act 80 Day</b></p>
<p><b>17</b> Chicken Nuggets w/ Roll or BBQ Rib Sandwich on a roll <b>Featured Veggies:</b> Scalloped Potatoes Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>18</b> Toasted Cheese Sandwich or Hot dog On a roll <b>Featured Veggies:</b> Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>19</b> Meatball Sub on a Roll or Turkey &amp; Cheese Hoagie <b>Featured Veggies:</b> Steamed Green Beans Tomato Wedges Choice of Fruit Choice of Milk</p>	<p><b>20</b> Corn Dog or Chicken Patty on a roll <b>Featured Veggies:</b> Curly Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>21</b> Pepperoni Pizza or Cheeseburger On a Bun <b>Featured Veggies:</b> Steamed Corn Fresh Broccoli Choice of Fruit Choice of Milk</p>
<p><b>24</b> Spaghetti &amp; Meatballs with a Garlicstick or Monte Cristo <b>Featured Veggies:</b> Steamed Green Beans Celery Sicks Choice of Fruit Choice of Milk</p>	<p><b>25</b> Walking Taco or Turkey Ranch Wrap <b>Featured Veggies:</b> Refried Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>26</b> Chicken &amp; Waffles or Cheeseburger on a bun <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>27</b> Chicken Cheese Quesadilla or Turkey &amp; Cheese Melt on a Croissant <b>Featured Veggies:</b> Curly Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>28</b> Cheese Pizza or Fish Sandwich on a Bun <b>Featured Veggies:</b> Sweet Potatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>31</b> Lasagna with a Garlicstick or Sloppy Joe on a roll <b>Featured Veggies:</b> Steamed Green Beans Broccoli Choice of Fruit Choice of Milk</p>				
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## All Student Lunches are Free

All a la carte and 2nd lunches are regular price  
Adult Lunch 4.75

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