

CWL ELEMENTARY - LUVERNE BUILDING
BREAKFAST AND LUNCH MENU

FRIDAY, MARCH 1

BREAKFAST: LONG JOHNS, ASSORTED FRUIT, GO-GURT, JUICE, MILK

LUNCH: MACARONI & CHEESE, MEATBALLS, PEAS, BABY CARROTS, APPLE WEDGES, MILK

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MONDAY, MARCH 4

BREAKFAST: BREAKFAST PIZZA, APPLE WEDGES, JUICE, MILK

LUNCH: HOT HAM & CHEESE ON A WHOLE GRAIN BUN, POTATO WEDGES, BROCCOLI, GRAPES, MILK

TUESDAY, MARCH 5

BREAKFAST: CEREAL/OATMEAL, BAGEL WITH JELLY, BANANA, JUICE, MILK

LUNCH: CHEESE PIZZA, TOSSED ROMAINE SALAD, GARLIC BREAD STICK WITH MARINARA SAUCE, BANANA, MILK

WEDNESDAY, MARCH 6

BREAKFAST: PANCAKE ON A STICK, APPLESAUCE, JUICE, MILK

LUNCH: FISH STICKS, MASHED POTATOES, GREEN BEANS, ORANGE WEDGES, WHEAT BREAD, MILK

THURSDAY, MARCH 7

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, ORANGE WEDGES, JUICE, MILK

LUNCH: TACOS, LETTUCE & TOMATO, REFRIED BEANS, WHEAT BREAD, PEARS, MILK

FRIDAY, MARCH 8

BREAKFAST: YOGURT PARFAIT, GRANOLA, ASSORTED FRUIT, MILK

LUNCH: ITALIAN PASTA BAKE, BREADED CHEESE STICK, GREEN PEPPER STRIPS & BABY CARROTS, APPLESAUCE, ROYAL BROWNIE, MILK

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MONDAY, MARCH 11

BREAKFAST: WAFFLES, SAUSAGE LINKS, BLUEBERRIES, JUICE, MILK

LUNCH: CRISPITOS, ROMAINE AND TOMATO, CORN, PEANUT BUTTER SANDWICH, APPLE WEDGES, MILK

TUESDAY, MARCH 12

BREAKFAST: EGG OMELET, MUFFIN, MANDARIN ORANGES, JUICE, MILK

LUNCH: STROMBOLI, GARDEN SALAD, CARROTS, STRAWBERRIES, MILK

WEDNESDAY, MARCH 13

BREAKFAST: CEREAL/OATMEAL, YOGURT, BANANA, JUICE, MILK

LUNCH: TURKEY & CHEESE SUB, DARK GREEN LEAF LETTUCE AND TOMATO, OVEN FRIES, SLICED PEACHES, MILK

THURSDAY, MARCH 14

NO SCHOOL/SPRING BREAK

FRIDAY, MARCH 15

NO SCHOOL/SPRING BREAK

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MONDAY, MARCH 18

BREAKFAST: EGG SAUSAGE PATTIE, WHEAT TOAST WITH JELLY, GRAPES, JUICE, MILK

LUNCH: TACO SOUP, WHOLE GRAIN CORN CHIPS, FRESH BROCCOLI, SLICED PEARS, SNICKERDOODLES, MILK

TUESDAY, MARCH 19

BREAKFAST: FRENCH TOAST STICKS, SAUSAGE LINK, BLUEBERRIES, JUICE, MILK

LUNCH: WHOLE GRAIN CORN DOG, GARDEN SALAD, PEAS, APPLE WEDGES, MILK

WEDNESDAY, MARCH 20

BREAKFAST: CEREAL/OATMEAL, GO-GURT, BANANA, JUICE, MILK

LUNCH: BEEF & NOODLES, MASHED POTATOES, BABY CARROTS, PINEAPPLE TIDBITS, MILK

THURSDAY, MARCH 21

BREAKFAST: SCAMBLED EGGS, WHEAT TOAST WITH JELLY, SLICED PEACHES, JUICE, MILK

LUNCH: CHICKEN QUESADILLA, SALSA & WHOLE GRAIN CORN CHIPS, REFRIED BEANS, ORANGE WEDGES, MILK

FRIDAY, MARCH 22

BREAKFAST: SCRUMPTIOUS COFFEE CAKE, ASSORTED FRUIT, JUICE, MILK

LUNCH: COWBOY CAVATINI, BREAD STICK, TOSSED ROMAINE SALAD, GREEN BEANS, BANANA, MILK

MONDAY, MARCH 25

BREAKFAST: CEREAL/OATMEAL, POPTART, BANANA, JUICE, MILK

LUNCH: CHICKEN TETRAZZINI, TOSSED ROMAINE SALAD, STEAMED CARROTS, WHOLE GRAIN BREADSTICK, STRAWBERRIES, MILK

TUESDAY, MARCH 26

BREAKFAST: PANCAKES, SAUSAGE LINK, BLUEBERRIES, JUICE, MILK

LUNCH: MR. RIB ON A BUN, DARK GREEN LEAF LETTUCE AND TOMATO, TRI-TATOR, GREEN BEANS, MANDARIN ORANGES, MILK

WEDNESDAY, MARCH 27

BREAKFAST: EGG OMELET, MUFFIN, ORANGE WEDGES, JUICE, MILK

LUNCH: LASAGNA, GARDEN SALAD, WHOLE GRAIN FRENCH BREAD, APPLE WEDGES, MILK

THURSDAY, MARCH 28

BREAKFAST: CEREAL/OATMEAL, WHEAT TOAST WITH JELLY, BANANA, JUICE, MILK

LUNCH: BAKED CHICKEN DRUMSTICK, MASHED POTATOES, BROCCOLI, CORN, PEACHES, MILK

FRIDAY, MARCH 29

BREAKFAST: CINNAMON ROLL, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: SLOPPY JOE ON A BUN, SWEET POTATO PUFFS, BAKED BEANS, GRAPES, MILK

It is the policy of the Lu Verne Community School District not to illegally discriminate on the basis of age (for employment), race, creed, national origin, color, marital status (for programs), sexual orientation, religion, gender/sex, socio-economic status (for programs), gender identity or physical/mental disability in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Tom Fey, Asst Admin, [405 Hanna Ave, Lu Verne, IA 50560, 515-882-3357, tfey@luverne.k12.ia.us](mailto:tfey@luverne.k12.ia.us)