



## Lunch Menu



**March is National Nutrition Month!** To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Hop on Popcorn Chicken **1**  
Salad w/ pretzel & cheese  
Fitter Fetter Fresh Fruit  
Peas & Milk  
Alt: Roast Beast Burger

Poodle Noodles w/  
Seuss sauce, Mr. Knox Garlic **2**  
Knots, Grinch Green Beans,  
Left Foot, Right Foot Fruit, Milk  
Alt: Roast Beast Burger

Red Fish, Blue Fish Sticks **3**  
w/ Macaroni & Cheese  
Cindy Lou Who's Corn  
Gertrude's Grapes & Milk  
Alt: Roast Beast Burger

BBQ Rib Sandwich **6**  
Baked beans, Smiles,  
Oranges & Milk  
Alt: Pizza

Crispy Chicken **7**  
Wrap, Corn, Salad,  
Pineapple & Milk  
Alt: Pizza

Cheeseburger **8**  
Tater tots, Carrots,  
Pears & Milk  
Alt: Pizza

Cheese Lasagna **9**  
Breadstick, Salad, Peas  
Peaches & Milk  
Alt: Pizza

Max Sticks **10**  
w/ Sauce, Broccoli,  
Applesauce & Milk  
Alt: Pizza

Grilled Chick. Sand. **13**  
Sweet Potato Fries  
Mixed Fruit, Peas & Milk  
Alt: Chicken patty

Walking Taco **14**  
Churro, Corn, Salad  
Oranges & Milk  
Alt: Chicken patty

Turkey Tuscany **15**  
Sub. Baked Chips,  
Carrots, Pears & Milk  
Alt: Chicken patty

Italian Dunkers **16**  
Green Beans, Salad,  
Pineapples & Milk  
Alt: Chicken patty

Grilled Cheese **17**  
Tomato Soup, Crackers,  
Broccoli, Peaches & Milk  
Alt: Chicken patty

Deluxe Chicken Sand **20**  
Cherry Star Veg. Juice  
Fries, Pears & Milk  
Alt: Burger

Crazy Dipper Day **21**  
Carrot Sticks, Salad.  
Oranges & Milk  
Alt: Burger

Italian Hoagie  
Chic. Noodle Soup, Peas  
Mixed Fruit & Milk  
Alt: Burger

Cheese Lasagna **23**  
Breadstick, Mixed  
Veggies. Peaches & Milk  
Alt: Burger

Omelette, French **24**  
Toast Sticks, Carrots,  
T.Tots, Applesauce & Milk  
Alt: Burger

Chicken Nuggets **27**  
Roll, Mash Potatoes, gravy  
Peas, Pineapples & Milk  
Alt: Pizza

Soft Taco, Rice **28**  
Churro, Corn, Salad  
Oranges & Milk  
Alt: Pizza

Orange Chicken **29**  
Rice, Oriental Veggies  
Pears & Milk  
Alt: Pizza

Pasta w/meat sauce **30**  
B.stick, Applesauce,  
Cherry star veg. juice, Milk  
Alt: Pizza

Fish Nuggets, Roll **31**  
Macaroni & Cheese  
Green Beans, Peaches, Milk  
Alt: Pizza