

# MARCH 2023

# Moencopi Day School

## LUNCH



**Adult Lunch \$3.75 Sides \$1.00 Milk \$0.50**  
**This Institution is an equal opportunity.**

**\*\*MAY SUBJECT TO CHANGE\*\***



**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

#### Mardi Gras Festival

Chicken Nuggets  
Dinner Roll  
Zucchini Squash  
Strawberries  
Milk

1

Cheeseburger  
Lettuce & Tomatoes  
Ketchup/Mustard/Mayo  
Cole Slaw  
Sweet Potato Fries  
Sliced Peaches & Milk

2

Salisbury Steak  
Garlic Toast  
Corn on the Cob  
Ranch Style Beans  
Sidekicks  
Milk

3

Hot Dog  
Ketchup/ Mustard  
Ranch Style Beans  
Baby Carrots w/ Ranch  
Fruited Jello  
Milk

6

**National Cereal Day**  
Bean & Cheese Burrito  
Mild Salsa  
Steamed Corn  
Romaine Salad w/ Ranch  
Mandarin Oranges & Milk

7

Frito Chili Pie  
Diced Peaches  
Milk

8

Macaroni & Cheese  
Steamed Corn  
Steamed Carrots  
Fruit Mix  
Milk

9

Choice of Pizza  
Romaine Salad  
Ranch Dressing  
Cantaloupe  
Milk

10



13



14



15



16



17

Turkey Soft Taco  
Tortilla Chips  
Mild Salsa  
Spanish Rice  
Diced Peaches  
Milk

20

PB & J Sandwich  
Mozzarella String Cheese  
Celery Sticks w/ Ranch Dressing  
Applesauce  
Milk

21

Chicken Tamale  
Romaine Salad  
Ranch Dressing  
Fresh Grapes  
Milk

22

Chicken Teriyaki  
Seasoned Brown Rice  
Green Beans  
Blueberries  
Milk

23

Sloppy Joe  
French Fries w/ Ketchup  
Baked Beans  
Fruit Cocktail  
Milk

24

Choice of Pizza  
Romaine Salad  
Ranch Dressing  
Mixed Berries  
Milk

27

Green Chili Pozole  
Flatbread  
Steamed Broccoli  
Apricot Halves  
Milk

28

Meatloaf  
Bread w/ Butter  
Mashed Potatoes & Gravy  
Mixed Vegetables  
Blush Applesauce  
Milk

29

Mandarin Orange Chicken  
Seasoned Brown Rice  
Green Beans  
Steamed Carrots  
Sliced Peaches  
Milk

30

Riblet Sandwich  
Garlic Toast  
Ranch Style Beans  
Corn on the Cob  
Watermelon  
Milk

31