



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



**ARCHBISHOP
DAMIANO SCHOOL**

Making a difference in the lives of our students



LUNCH

MONDAY

Pulled Pork on Wheat Roll

Baked Beans
Apple
Milk

02

TUESDAY

Macaroni & Beef

Spinach
Mixed Fruit
Milk

03

WEDNESDAY

BBQ Chicken on Wheat Roll

Peas
Pears
Milk

04

THURSDAY

Macaroni & Cheese

Stewed Tomatoes
Peaches
Milk

05

FRIDAY

Wheat Cheese Pizza

Green Beans
Oranges
Milk

06

**Chicken Stir-Fry w/
Wheat Roll**

Spinach
Pears
Milk

09

**Italian Meatball on
Wheat Roll**

Lima Beans
Apple Slices
Milk

10

**Roasted Chicken w/
Wheat Roll**

Carrots
Pineapple Chunks
Milk

11

Sloppy Joe on Wheat Roll

Corn
Fruit Cocktail
Milk

12

Wheat Cheese Pizza

Green Beans
Oranges
Milk

13

**Turkey & Cheese on
Wheat Roll**

Broccoli
Pears
Milk

16

Shepherd's Pie

Corn
Mixed Fruits
Milk

17

Hot Turkey on Wheat Bread

Sweet Potatoes
Applesauce
Milk

18

Cheeseburger on Wheat Roll

Peas
Pineapples
Milk

19

Wheat Cheese Pizza

Green Beans
Oranges
Milk

20

**Ham & Cheese on
Wheat Roll**

Broccoli
Oranges
Milk

23

**Chicken Cacciatore w/
Wheat Roll**

Spinach
Peaches
Milk

24

Beef & Bean Burrito

Carrots
Pineapples
Milk

25

**Turkey & Cheese Sub on
Wheat Roll**

Potato Salad
Mixed Fruit
Milk

26

**School Closed for Students
Staff In-Service**

27

Hot Dog on Wheat Roll

Baked Beans
Apple
Milk

30

**Ham & Cheese on
Wheat Roll**

Carrots
Pears
Milk

31



ARCHBISHOP DAMIANO SCHOOL

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