



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

Hot Dog on Wheat Roll
Baked Beans
Apple
Milk

30

Ham & Cheese on
Wheat Roll
Carrots
Pears
Milk

31



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