



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



opened face turkey sandwich 1
mashed potatoes
green beans
fruit

corn dogs 2
 tator tots
 salad
 fruit

fish sticks 3
 cole slaw
 hush puppies
 fruit

bbq chicken 6
 scalloped potatoes
 cheese biscuit
 fruit

beanie wieners 7
mac and cheese
salad
fruit

chicken spaghetti 8
 green beans
 garlic bread
 fruit

ham and cheese 9
 sandwich
 soup
 salad
 fruit

no school 10

no school 13

no school 14

no school 15

no school 16

St. Patrick's Day
No school 17

chicken alfredo 20
 broccoli
 garlic bread
 fruit

beef and bean burritos 21
 beans
 oranges

chili dogs 22
 salad
 chips
 fruit

lasagna 23
 green beans
 garlic toast
 fruit

pizza 24
 corn
 grapes

chicken nuggets 27
 mashed potatoes
 salad
 fruit

taco salad 28
 Mexican rice
 Fruit

chicken sandwich 29
 w/lettuce and tomato
 pickles
 cottage cheese
 fruit

corn dogs 30
 French fries
 Fruit

cheeseburgers 31
 oranges
 tater tots