

# MOENCOPI DAY SCHOOL

-2024-

## MARCH LUNCH

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

### 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



**Adult Lunch \$4.25**

**Sides \$1.50**

**Milk \$0.50**

This Institution is an equal opportunity.

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

4

Philly Chicken Sub  
Western Beans  
Italian Baby Potatoes  
Mango Chunks  
Assorted Milk

5

Red Pozole  
WG Flour Tortilla  
Red Grape Tomato  
Romaine Salad  
Lite Ranch Dressing  
Fresh Fruit  
Assorted Milk

6

Volcanic Meatloaf  
WG Bread w/ Butter  
Mashed Potatoes  
Poultry Gravy  
Mixed Vegetables  
Blush Applesauce  
Assorted Milk

7

Chicken Teriyaki  
Seasoned Brown Rice  
Sweet & Sour Broccoli Salad  
Parsley Carrots  
Fresh Fruit  
Assorted Milk

8

Beef Enchilada Bake  
Cilantro Lime Brown Rice  
Refried Beans  
Zucchini Squash  
Watermelon  
Assorted Milk

11



12



13



14



15



18

Beef Taco Pie  
Mild Salsa  
Black Beans  
Fresh Fruit  
Assorted Milk

19

Buffalo Chicken Wrap  
Steamed Corn  
Melon Bowl  
Assorted Milk

20

Chicken Tomato Bake  
Steamed Broccoli  
Diced Pears  
Assorted Milk

21

Harvest Stew  
WG Fry Bread  
Potato Wedges  
Celery Sticks  
Sliced Peaches  
Assorted Milk

22

Cheese Pizza  
Romaine Salad  
Lite Ranch Dressing  
California Vegetables  
Fresh Fruit  
Assorted Milk

25

Chicken Bowl  
Fresh Fruit  
Assorted Milk

26

Lamb Stew  
WG Fry Bread  
Romaine Salad  
Lite Ranch Dressing  
Cherry Pears  
Assorted Milk

27

Macaroni & Cheese  
Dinner Roll  
Steamed Carrots  
Zucchini Squash  
Strawberries  
Assorted Milk

28

Grilled Chicken Sandwich  
Lettuce & Tomato  
Ketchup/Mustard/Mayo  
aise  
Cole Slaw  
Sweet Potato Fries  
Fresh Fruit  
Assorted Milk

29

Meatloaf  
Garlic Toast  
Steamed Corn  
Pinto Beans  
Sidekicks  
Assorted Milk