



Bringing our community together through diverse, nutritious, and delicious food choices.



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



Hot Turkey
Wheat Bread
Sweet Potatoes
Apple Sauce
Milk

Cheeseburger on
Wheat Roll
Peas
Pineapples
Milk

Wheat Cheese Pizza
Green Beans
Oranges
Milk

Ham & Cheese on
Wheat Roll
Broccoli
Oranges
Milk

Chicken Cacciatore W/
Wheat Roll
Spinach
Peaches
Milk

Beef & Bean Burrito
Carrots
Pineapples
Milk

Turkey & Cheese Sub on
Wheat Roll
Potato Salad
Mixed Fruit
Milk

Wheat Cheese Pizza
Green Beans
Pears
Milk

Hot Dog on
Wheat Roll
Baked Beans
Applesauce
Milk

Ham & Cheese on
Wheat Roll
Carrots
Pears
Milk

Chicken Tenders
Wheat Roll
Corn
Pineapples
Milk

Spaghetti W/
Meat Sauce
Broccoli
Oranges
Milk

St. Patrick's Day
Wheat Cheese Pizza
Green Beans
Mixed Fruits
Milk

Pulled Pork on
Wheat Roll
Baked Beans
Apple
Milk

Macaroni & Beef
Spinach
Mixed Fruits
Milk

BBQ Chicken
Wheat Roll
Peas
Pears
Milk

Macaroni & Cheese
Stewed Tomatoes
Peaches
Milk

Wheat Cheese Pizza
Green Beans
Oranges
Milk

Chicken Stir-Fry
Wheat Roll
Spinach
Pears
Milk

Italian Meatball on
Wheat Roll
Lima Beans
Apple Slices
Milk

Roasted Chicken W/
Wheat Roll
Carrots
Pineapple Chunks
Milk

Sloppy Joe
Wheat Roll
Corn
Fruit Cocktail
Milk

Wheat Cheese Pizza
Green Beans
Oranges
Milk