

MARCH 2023

May ISD

LUNCH

This institution is an equal opportunity provider



School Information: School Information: Students K-6

Regular Price: \$2.75

Students 7-12 grades \$3.00 Reduced \$0.40

Milk & Juice is offered with each meal

Additional Milk & Juice \$0.50 each

Adult price is \$3.75



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

Menu is subject to change due to delivery.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chili Cheese Burrito 1
Peas/Fruit
Cucumbers
Milk/Juice
Cookie

Enchiladas 2
Corn/Ranch Beans
Fruit/Salsa
Milk/Juice

Cheeseburgers 3
Cooked Carrots/Broccoli
Tomato cup/Chips
Milk/Juice
Ice Cream

Quesadilla 6
Ranch Beans
Carrots/Celery
Fruit
Milk/Juice

Lasagna 7
Green Beans/Carrots
Garlic Bread
Broccoli/Fruit
Milk/Juice

Chicken Fried Steak 8
Gravy/Roll
Corn/Celery
Fruit
Milk/Juice

Frito Pie 9
Baked Beans
Cauliflower
Fruit/Brownie
Milk/Juice

Ham & Cheese or PBJ 10
Sandwiches/Chips
Carrots/Fruit
Milk/Juice
Ice Cream

Spring Break 13

Spring Break 14

Spring Break 15

Spring Break 16

Spring Break 17

Student Holiday 20

Chicken Fajitas 21
Refried Beans
Spanish Rice
Fruit/Carrots/Tomatoes
Milk/Juice

Meatball Sub 22
Green Beans
Broccoli
Fruit/Cookie
Milk/Juice

Fish 23
Black-eyed Peas
Cole Slaw
Fruit/Celery
Milk/Juice

Chicken Strips 24
Mashed Potatoes
Gravy/Roll
Corn/Fruit
Milk/Juice
Ice Cream

Pizza 27
Cauliflower
Fruit
Green Beans
Milk/Juice

Chicken on Bun 28
Sliced Potatoes
Carrots
Fruit
Milk/Juice

Enchiladas 29
Ranch Beans
Corn
Fruit
Milk/Juice

Burrito 30
Chili/Cheese
Cucumbers
Peas/Fruit/Brownie
Milk/Juice

Cheeseburgers 31
Chips
Tomato Cup/Broccoli
Fruit
Milk/Juice
Ice Cream