



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

Roast Beef Po' Boy

Carrots
Pineapples
Milk

3

TUESDAY

Beef & Bean Burrito

Spinach
Peaches
Milk

4

WEDNESDAY

Turkey & Cheese Sub on Wheat Roll

Potato Salad
Mixed Fruit
Milk

5

THURSDAY

Italian Meatball on Wheat Roll

Lima Beans
Apple Slices
Milk

6

FRIDAY

Wheat Cheese Pizza

Green Beans
Pears
Milk

7

Double Dog Day

Wheat Roll
Baked Beans
Apple
Milk

10

Soft Beef Tacos w/

Lettuce, tomato, cheese
Carrots
Mixed Fruits
Milk

11

Chicken Tenders w/

Wheat Roll
Corn
Pineapples
Milk

12

Spaghetti w/Meat Sauce

Broccoli
Oranges
Milk

13

Four Cheese Pizza

Green Beans
Mixed Fruits
Milk

14

Pulled Pork on

Wheat Roll
Baked Beans
Apple
Milk

17

Walking Beef Tacos w/

Lettuce, tomato, cheese
Corn
Mixed Fruits
Milk

18

BBQ Chicken on

Wheat Roll
Peas
Pears
Milk

19

Macaroni & Cheese

Stewed Tomatoes
Peaches
Milk

20

School Closed

Staff In-Service Day

21

Chicken Alfredo w/ Penne Pasta

Broccoli
Pears
Milk

24

Taco Tuesday

Hard Taco w/Lettuce
Tomato, Cheese, Spinach
Mixed Fruits
Milk

25

Roasted Chicken w/

Wheat Roll
Carrots
Pineapple Chunks
Milk

26

Sloppy Joe on Wheat Roll

Corn
Fruit Cocktail
Milk

27

Pizza Friday

Wheat Cheese Pizza
Green Beans
Oranges
Milk

28

Turkey & Cheese on Wheat Roll

Spinach
Pears
Milk

31

