



## MARCH LUNCH CALENDAR 2023

27 Grilled Cheese, Chicken Noodle Soup, celery sticks, hummus	28 Mozzarella Sticks, Marinara cup, Buttered Noodles, Broccoli	1 PopCorn Chicken, Fries, Corn, assorted sauces	2 Pulled Pork Roll, BBQ sauce cup, baked beans, coleslaw	3 Egg/cheese optional english muffin, side sausage patty, tater tots
6 Grilled chicken patty sand. sweet potato f.f. Peas, bbq or sweet and sour sauce cup	7 Corn Dogs, Carrots, onion rings, ketchup	8 Spaghetti with butter or sauce, meatballs, garlic knot, garden salad	9 Chicken & Cheese Quesadilla, side of chili, celery, hummus	10 Stuffed crust Pizza, Optional pepperoni, tater tots, corn
13 Hot Dog on a w.g. Bun with baked beans, ranch cup, chips	14 Chicken Caesar Wrap (NEW) Carrot Sticks, Assorted Chips	15 American Chop Suey, (noodles w/ Hamburg in Spag Sauce) parm cheese side, Garlic knot	16 Cheese or Hamb, French Fries, Cucumbers in italian dressing	17 Pancakes, Hash Brown, turkey bacon, syrup cup, assorted fruit juices
20 Popcorn chicken with veggie fried rice, broccoli and fortune cookie	21 Walking Tacos! Seasoned Ground Beef sides of: salsa, sour cream, lettuce, cheese. Refried Beans, corn	22 ½ DAY! Ham & Cheese on a sub roll, carrot sticks, ranch cup, chips	23 Macaroni and cheese, corn bread, green beans, fruit cup	24 Pizza with optional pepperoni topping, French fries, fruit cup
27 Chicken Fajitas, assorted topping & side of peppers and onions and black bean and rice	28 Grilled Cheese, chicken noodle soup, toss salad, assorted dressings.	29 Meatball Grinder, optional sauce & cheese topping, sweet potato FF	30 Birthday Day! Chicken patty on a w.g. Roll with smiley fries, green beans, cookies	31 Waffles, Tater tots, sausage links, syrup cup, assorted juices

<b>Companion Bags</b> everyday will include at least one of each of the following:	Assorted Fruit/Vegetable	Milk Chocolate 8 oz-fat free White 8 oz	Protein Ex: Cheese stick, cheese cup, yogurt, chili	Grain Ex: Assorted Pretzels, crackers, Muffin, nutrigrain bar, zeezee bar
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All meals served with a fruit, vegetable and 8 oz choice of milk

### BREAKFAST

Trix : Cocoa Roos : Frosted Flakes : Cinnamon Toast Crunch : Marshmallow Mateys, fruity cheerios, cocos puffs, rice krispies, frosted flakes asst. Nutrigrain bars, asst Poptarts, assorted muffins. Assorted Oatmeal. \* All whole grain and meet the NSLP standards.

#### Special Breakfast Wednesday's

- 3/1- Bagel with butter or cream cheese
- 3/8- Cinnamon Rolls
- 3/15- Banana Bread - Blueberry Bread
- 3/22- English Muffin with butter or jelly
- 3/29- Egg and cheese sandwich

Breakfast choice requirements are at least 1 fruit or vegetable and 2 ( milk, grain or protein)  
Lunch choice requirements are to take at least 5, but no less than 3!

#### DAILY BREAKFAST MENU:

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk	cereal, grain, juice or fruit, cheese stick, asst yogurt, and milk

- THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
- All Items are Offer vs. Serve. Meal Components should meet the SNLP standards