



**Lunch Menu
K-8th Grade
March 2023**

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk	February 28 Swedish Meatballs Brown Rice Peas Fruit Milk	March 1 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Fruit Milk	March 2 Turkey & Cheese Sandwich WG Sandwich Roll Fresh Broccoli w/ Ranch Garbanzo Beans Fruit Milk	March 3 <p style="text-align: center;">Early Dismissal</p>
March 6 Balsamic Grilled Chicken Brown Rice Green Beans Fruit Milk	March 7 Meatloaf WG Biscuit Mashed Potatoes Fruit Milk	March 8 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese & Garbanzo Beans WG Dinner Roll Italian Dressing Fruit Milk	March 9 BBQ Meatballs Hoagie w/ Cheese WG Hoagie Roll Peas Fruit Milk “National Meatball Day”	March 10 Pizza Sticks w/ Marinara Sauce Carrot Sticks w/ Ranch Fruit Milk
March 13 Grilled Chicken Parmesan w/ Marinara Sauce and Mozzarella Cheese over WG Pasta Fruit Green Beans Milk	March 14 Shepherd’s Pie (ground beef, mashed potatoes, peas, gravy) WG Dinner Roll Fruit Milk	March 15 Chicken Gyro on WG Pita Bread Shredded Lettuce and Diced Tomatoes Tzatziki Sauce Fruit Milk	March 16 SW Chicken and Cheddar Wrap w/Salsa Ranch Dressing Carrot Sticks (Garbanzo Beans) Fruit Milk	March 17 Pizza Sticks w/ Marinara Sauce Roasted Potatoes Fruit Milk
March 20 Cheese Tortellini in Meat Sauce Mixed Vegetables Fruit Milk “National Ravioli Day”	March 21 Taco Beef w. Cheddar Cheese Tortilla Chips Corn Fruit Milk “National Crunchy Taco Day”	March 22 Chef Salad (Diced Turkey, Diced Turkey Ham) WG Dinner Roll Ranch Dressing Fruit Milk	March 23 Pizza Sticks Cooked Carrots Fruit Milk	March 24 Scrambled Eggs WG French Toast Breakfast Potatoes Fruit Milk
March 27 Hamburger w. Cheddar Cheese WG Sandwich Roll Peas Ketchup Fruit Milk	March 28 Sweet & Sour Chicken Brown Rice Cooked Carrots Cooked Broccoli Fruit Milk	March 29 Turkey Ham & Cheddar Cheese on WW Bread Carrot Sticks w/ Ranch Garbanzo Beans Mayo Fruit Milk	March 30 WG Chicken Patty WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk	March 31 Pizza Sticks w/ Marinara Sauce Mixed Vegetables Fruit Milk

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos