



Lunch Menu

March 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 2oz, Grain 2oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
February 28 BBQ Meatballs Brown Rice Fresh Broccoli w/ Ranch Green Beans Fruit Milk	March 1 Mac and Cheese w/ WG Pasta Mixed Vegetables Corn Fruit Milk	March 2 Turkey Ham & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Chic Peas Fruit Milk	March 3 WG Chicken Nuggets Potato Wedges Peas Ketchup Fruit Cocktail Milk	March 4 Early Dismissal
March 7 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks Peas Ranch Dressing Fruit Milk	March 8 Grilled Chicken WG Pasta w/ Sauce Broccoli Corn Fruit Cocktail Milk	March 9 Roast Beef and American Cheese WG Sandwich Roll Tomato/Cucumber Salad Chic Peas Fruit Milk	March 10 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk	March 11 2 WG Cheese Pizza Stick Spinach Cooked Carrots Fruit Milk
March 14 Swedish Meatballs WG Dinner Roll Corn Green Beans Fruit Milk	March 15 Turkey Ham and Cheese on WW Bread Mayo Carrot Sticks w/ Ranch Chic Peas Fruit Milk	March 16 Grilled Chicken Garden Salad w/ Cheese & Tomato, Cucumber, Broccoli Ranch Dressing WG Dinner Roll w/ Butter Fruit Milk	March 17 Corned Beef & Potatoes Cabbage & Noodles Broccoli Fruit Milk ST. PATRICK'S DAY!	March 18 2 WG Cheese Pizza Stick Spinach Cooked Carrots Fruit Milk
March 21 Beef BBQ WG Sandwich Roll Potato Wedges Green Beans Ketchup Fruit Milk "National Sloppy Joe Day"	March 22 WG Pasta w/ Meat Sauce Mixed Vegetables Corn Fruit Milk	March 23 Turkey and American on WG Bun Mayo Side Garden Salad w/ Chic Peas w/ Italian Dressing Fruit Milk	March 24 Teriyaki Chicken Fried Brown Rice Peas and Carrots Mandarin Oranges Milk	March 25 2 WG Cheese Pizza Stick Spinach Cooked Carrots Fruit Milk
March 28 Roast Turkey w/ Gravy Stuffing Cooked Carrots Green Beans Fruit Milk	March 29 Macaroni & Cheese w/ WG Pasta Green Beans Corn Corn Fruit Milk	March 30 Cheese Sandwich on WW Bread Carrot Sticks Chic Peas Ranch Dressing Fruit Milk	March 31 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Tots Carrots Fruit Milk Mayonnaise "National Tater Day"	April 1 2 WG Cheese Pizza Stick Spinach Cooked Carrots 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